



TORCHED KRAV MAGA & FITNESS

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning	515A - KM (ALL LEVELS) 615A - OPWOD 615A - ALL STRIKE		515A - KM (ALL LEVELS) 615A - ALL STRIKE 7A - OPWOD		515A - KM (ALL LEVELS) 615A - OPWOD 615A - ALL STRIKE	10A - KM (ALL LEVELS) 1130A - OPWOD
Mid-day		10A - OPWOD 11A - KM (ALL LEVELS) 12P - ALL STRIKE		1030A - KM (ALL LEVELS) 1130A - ALL STRIKE 1145P - OPWOD		
Youth	5P - YOUTH KM (5-8) 545P - YOUTH KM (9+)	5P - YOUTH KM (9+) 545P - YOUTH KM (5-8)	5P - YOUTH KM (5-8) 545P - YOUTH KM (9+)	5P - YOUTH KM (9+) 545P - YOUTH KM (5-8)		11A - YOUTH KM (5-8) 1145A - YOUTH KM (9+)
Evening	530P - OPWOD 615P - ALL STRIKE 7P - KM (ALL LEVELS)	530P - OPWOD 630P - KM (ALL LEVELS) 730P - ALL STRIKE	530P - OPWOD 615P - ALL STRIKE 7P - KM (ALL LEVELS)	530P - OPWOD 630P - KM (ALL LEVELS) 730P - ALL STRIKE	545P - OPWOD	