

## Monday

**9:30 AM**

StrikeFit  
Amanda, 1 hr.

**4:15 PM**

Krav Maga Kids  
Little Ninjas  
Amanda, 55 min.

**5:00 PM**

Krav Maga Kids  
Little Warriors  
Young Paladins  
Marc, Davide, Emily,  
Chris Jr, 55 min.

Krav Maga  
Fundamentals  
& Beginners  
Amanda, 55 min.

**6:00 PM**

StrikeFit  
Amanda, 55 min.

BJJ - All Levels  
Justin, 55 min.

**7:00 PM**

Krav Maga

Fundamentals  
& Beginners  
Emily, 1 hr.

Intermediate  
Amanda, 1 hr.

Advanced  
Marc, 1 hr.

## Tuesday

**6:00 AM**

Yoga  
David W, 55 min.

**9:30 AM**

CrossTraining  
Davide, 1 hr.

**4:15 PM**

Krav Maga Kids  
Little Ninjas  
Erin, 55 min.

**5:00 PM**

Krav Maga Kids  
Little Warriors  
Young Paladins  
Erin, Marc, Amy,  
Emily, 55 min.

**6:00 PM**

CrossTraining  
Marc, 55 min.

BJJ - All Levels  
Justin, 55 min.

**7:00 PM**

Krav Maga

Fundamentals  
& Beginners  
Erin, 1 hr.

Intermediate  
& Advanced  
Marc, 1 hr.

Fighting  
Techniques  
Bill, 1 hr.

## Wednesday

**9:30 AM**

StrikeFit  
Amanda, 1 hr.

**4:15 PM**

Krav Maga Kids  
Little Ninjas  
Erin, 55 min.

**5:00 PM**

Krav Maga Kids  
Little Warriors  
Young Paladins  
Erin, Marc, Amanda,  
Zach, 55 min.

Krav Maga  
Fundamentals  
& Beginners  
Davide, 55 min.

**6:00 PM**

CrossTraining  
Erin, 55 min.

**7:00 PM**

Krav Maga

Fundamentals  
& Beginners  
Hem, 1 hr.

Intermediate  
Davide, 1 hr.

Advanced  
Erin, 1 hr.

**8:00 PM**  
BJJ  
Fundamentals  
Davide, 1 hr.

## Thursday

**6:00 AM**

Yoga  
David W, 55 min.

**9:30 AM**

Krav Maga  
Women only  
Erin, 1 hr.

Fundamentals  
& Beginner  
Emily, 1 hr.

**4:15 PM**

Krav Maga Kids  
Little Ninjas  
Amanda, 55 min.

**5:00 PM**

Krav Maga Kids  
Little Warriors  
Young Paladins  
Davide, Amanda,  
Emily, Noemi, 55 min.

**6:00 PM**

CrossTraining  
Amanda, 55 min.

BJJ -  
Fundamentals  
Davide, 55 min.

**7:00 PM**

Krav Maga

Fundamentals  
& Beginner  
Emily, 1 hr.

Intermediate  
Alvin, 1 hr.

## Friday

**8:30 AM**

Fitness  
KickBoxing  
Davide, 1 hr.

**5:00 PM**

Fitness  
Yoga  
David W, 1 hr.

**6:00 PM**

Krav Maga

Fundamentals  
& Beginner  
Emily, 55 min.

Intermediate  
& Advanced  
Erin, 55 min.

**7:00 PM**

Fighting  
Techniques  
Erin, 1 hr.

## Saturday

**8:30 AM**

CrossTraining  
Davide, 55 min.

**9:30 AM**

Krav Maga

All Levels  
Davide, 55 min.

Women Only  
Erin, 55 min.

**10:30 AM**

Krav Maga Kids  
Little Ninjas  
Little Warriors  
Davide, Erin, Noemi  
or Audrey, 55 min.

**11:30 AM**

Krav Maga Kids  
Young Paladins  
Davide, Erin 55 min.

**12:30 PM**

BJJ  
Open Mat

## Sunday

**8:30 AM**

CrossTraining  
Gil, 55 min.

**9:30 AM**

Krav Maga

Fundamentals  
& Beginners  
Davide, 55 min.

Krav Maga  
Intermediate  
& Advanced  
Gil, 55 min.

**10:30 AM**

Krav Maga  
Parents & Kids  
Davide, Amy, 1 hr.

**12:00 PM**

Yoga  
David W, 75 min

