

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.

Jiu Jitsu
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.

8:30 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.

Jiu Jitsu
All Levels
Justin, 55 min.

7:00 PM
Krav Maga

Fundamentals
& Beginners
Erin, 1 hr.

Intermediate
& Advanced
Marc, 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
Jiu Jitsu
Basics
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
KO Rounds
Bryant, 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

