

FORMAL CLASS SCHEDULE

WEIGHT / EXERCISE / TRAINING AREA OPEN ALWAYS!

MONDAY / WEDNESDAY / FRIDAY

0630 – 0830 – KRAV - FIT CONDITIONING

0900 – 1000 - LEVEL 1 KRAV

1000 – 1100 - LEVEL 2 KRAV

1530 - 1630 – CUBS ADOLECENT

1645 – 1730 – KRAV – FIT CONDITIONING

1800 - 1900 – KRAV LEVEL 1

1900 –2000 - KRAV LEVEL 2

2000 – CLOSE – OPEN MAT

TUESDAY / THURSDAY

0630 - 0830 – KRAV - FIT CONDITIONING

0900 – 1000 – LEVEL 1 KRAV

1000 – 1100 – LEVEL 2 KRAV

1530 – 1630 - CUBS ADOLECENT

1700 – 1900 – MMA FORMAL / MIXED DRILLS

HOURS OF OPERATION

MON – FRI **0600 – 2100 (9pm)**

SAT **0800 – 2000 (8pm)**

OPEN MAT / SCENARIOS / INTRO'S

SUN **0800 – 1700 (5pm)**

OPEN MAT / PRIVATES / INTRO'S