

ALPHA KRAV MAGA COMPOUND CLASS SCHEDULE

DAY/ TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	ROOM 1	ROOM 2	ROOM 1	ROOM 2	ROOM 1	ROOM 2	ROOM 1	ROOM 2	ROOM 1	ROOM 2	ROOM 1	ROOM 2	ROOM 1	ROOM 2
6 - 7	KM ALL LEVELS		KO BAG			X-FIT	KM ALL LEVELS		CORE BAG					
7 - 8	MUAY THAI		KM 1,2			WEAPONS DEFENSE	KO BAG		KM ALL LEVELS					
8:30 -9:30				YOGA							KICKBOXING	YOGA	X-FIT	
9:30 -10:30			CORE BAG				KO BAG				CORE BAG	KIDS (6 - 8Y)	BOXING	KIDS (6 -12Y) GRAPPLING
10:30 -11:30	X-FIT		KM 1,2		BJJ (NO GI)		KM 1,2	KM 3,4,5	KO BAG		KM ALL LEVELS	KIDS (9-12Y)	KO BAG	BJJ (NO GI)
11:30 -12:30	KM ALL LEVELS				WEAPONS DEFENSE	KO BAG	BOXING		INTRO TO FIGHT		WEAPONS DEFENSE	X-FIT	KM 1,2	KM 3,4,5
12:30 -1:30	BOXING				MUAY THAI				KM 1,2					
RESERVED FOR PRIVATE LESSONS & LAW ENFORCEMENT TRAINING														
4:15 - 4:45	CORE BAG 30				CORE BAG 30				CORE BAG 30					
5 - 6	KM 1	KIDS (6 - 8Y)	KO BAG	KIDS (9 - 12Y)	KIDS (6-12Y) STRIKING	YOGA	CORE BAG	KIDS (9 - 12Y)	KM 1,2	KIDS ADVANCED				
6 - 7	KO BAG	KM 2	KM 1	MUAY THAI	KO BAG	KM 3,4,5	KM 1	BOXING	INTRO TO FIGHT					
7 - 8	X-FIT	WEAPONS DEFENSE	BOXING	KM 2	KM 1,2	BJJ (NO GI)	KO BAG	BJJ (NO GI)						

TO SCHEDULE A PRIVATE LESSON PLEASE CALL
847-272-2716

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