



15233 Ventura Blvd. #100 • Sherman Oaks, CA 91403
 Tel (818) 377-7700 Fax (818) 377-5408
www.kravmagalocalosangeles.com

Last Revised
 July 2024

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	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 AM	Rm4: Strength&Con - HS	Marni: KM Bag - AK	Rm4: Strength&Con - HS	Marni: KM Bag - CM	
8:30 AM					Marni: KM Bag - GK
11:00 AM	Marni: KM Bag - JD	Marni: KM Level 2/3 - CM	Marni: KM Bag - GK	Marni: KM Level 2/3 - OL	Marni: KM Bag - CG
12:00 PM	Marni: KM Level 1/2- JD	Marni: KM Level 1 - CM	Marni: KM Level 2/3 - GK	Marni: KM Level 1 - OL	Marni: KM Level 1/2 - CG
4:00 PM		Marni: KM Xplorers (Ages 5-7) - GK	Marni: KM Xplorers (Ages 5-7) - GK		Marni: KM Xplorers (Ages 5-7) - CM
4:30 PM	Marni: KM Kids Level 1 (Ages 8-13) - OL	Marni: KM Kids Level 1 (Ages 8-13) - GK	Marni: KM Kids Level 1 (Ages 8-13) - GK	Marni: KM Kids Level 2 (Ages 8-13) - CM	Marni: KM Kids Level 1 (Ages 8-13) - CM
5:30 PM	Rm4: Strength&Con - AK	Marni: KM Level 3 - OL	Marni: KM Bag - GK	Rm4: Strength&Con - AK	Marni: KM Bag - CM
	Rm2: KM Level 2 - OL	Rm2: KM Level 1 - AA	Rm2: KM Level 2 - JW	Marni: KM Level 1 - CM	
	Marni: KM Bag - MA	Rm3: KM Kids Level 2/3 (Ages 8-13) - TR			
6:30 PM	Marni: KM Level 1 - OL	Marni: KM Bag - MA	Rm2: KM Level 4/5 - JW	Rm2: Fight Fundamentals - CM	Marni: KM Level 1 - CM
	Rm2: Weapons - MA	Rm2: Fight Fundamentals - AA	Marni: KM Level 1 - TR	Marni: KM Bag - AA	
7:30 PM		Marni: KM Level 1 - MA	Marni: KM Level 3 - JW	Rm2: KM Level 1 - CM	
		Rm2: KM Level 2 - AA		Marni: KM Level 2 - AA	

	Saturday	Sunday
9:00 AM	Marni: KM Xplorers (Ages 5-7) - SM	
9:30 AM	Rm2: KM Kids Level 1 (Ages 8-13) - SM	
	Marni: KM Bag - MA	Marni: KM Level 1/2- GK
10:30 AM	Marni: KM Level 1 - OL	Marni: KM Bag - DG
	Rm4: Strength&Con - AK	Rm2: KM Kids Level 1 (Ages 8-13) - GK
11:30 AM	Rm3: KM Kids Level 2/3 (Ages 8-13) - TR	
	Rm2: KM Level 2 - AA	RESERVED FOR SEMINARS AND BELT TEST
	Marni: KM Bag - OL	
Rm3: KM Level 4/5 - MA		
12:30 PM	Rm2: KM Level 1 - AA	
	Marni: KM Level 3 - MA	
1:30 PM - 8:30 PM	RESERVED FOR SEMINARS AND BELT TEST	

AA- Archie Abarghoei	CM- Christian Medina	HS - Hannah Smith	MA - Mario Alaniz	SM - Simone Mequiles
AK - Adam Korenman	DG - Denise Garcia	JD - Jay Denton	MS- Mikey Sodemani	TR - Tyler Rainey
CG - Chris Gors	GK - Gabriel Khorramian	JW- Jason Wonacott	OL - Oscar Leiva	

*Classes and instructors subject to change.

Color Codes for Class Types

KM Level 1	KM Xplorers/KM Kids
KM Bag	Fight
Strength & Con	

2024 INTRO FIGHT CYCLES (10 week cycles)	
TUESDAY 6:30 PM Fight Fundamentals	THURSDAY 6:30 PM Fight Fundamentals
Feb 6 April 23 July 9 Sept 24 Dec 10	Jan 4 March 21 June 6 Aug 29 Nov 14



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KRAV MAGA SELF DEFENSE CLASSES

KM LEVEL 1	Entry level class for all new students.
KM LEVEL 2	Yellow belt students testing for orange belt.
KM LEVEL 3	Orange belt students testing for green belt.
KM LEVEL 4/5	Green / Blue /Brown belt students testing for blue/ brown /Black belt.
WEAPONS	Focused on defending knives, guns, and more. Open to all Krav Maga Level 2 students and above.

FIGHTING CLASSES

FIGHT FUNDAMENTALS	Krav Maga street fighting – for level 2 and above students with little or no fighting experience.
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FITNESS CLASSES

KM BAG	A combination of functional strength training, dynamic flexibility, and heavy bag work. The focus of this class is to emphasize muscular strength and cardiovascular endurance. Students will learn correct body alignment and how to build strength through calisthenics while refining KM technique through repetition, drills, and combinations on the bag. These classes are designed to increase student’s power and performance.
STRENGTH & CONDITIONING	Are you ready to get in shape? This is a general physical preparedness class that focuses on increasing one's strength and conditioning through functional movements and athletic training done at different levels of intensity to promote an all-encompassing well-balanced fitness program. The programming is designed and the instructors are trained to accommodate multiple levels of experience and fitness in one class.

Kids

KM Xplorers	Beginner: White and Yellow Belts
<i>5 – 7 year olds</i>	Advanced: Orange, Green, Blue and Brown Belts
KM Kids	Level 1: White Belts
<i>8 – 13 year olds</i>	Level 2: Yellow Belts
	Level 3: Orange Belts
	Level 4: Blue and Brown Belts

NOTES

1	Members enrolled in the self-defense classes may attend their class level and any level below, as often as they choose. (i.e. Level 3 member may take Level 1, Level 2, and Level 3 classes)
2	Adult classes are approximately 50 - 60 min. unless otherwise noted. KM Xplorers classes are 30 minutes, and KM Kids classes are 45 minutes long.
3	Class sizes are limited – please arrive 5-10 minutes early for check-in.
4	Showers are available for your convenience – please bring your own towels.
5	Boxing gloves or bag gloves are required for Bag classes.
6	Fighting gear including: Headgear, mouthpiece, groin protector, shin guards, and 16oz boxing gloves are required for stand up fight classes.
7	Room 4 (Strength & Conditioning room) is for ages 14 and up only, and minors must be under adult supervision at all times.