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Last Revised
 July 2024

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| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------|--------------------------------------|--------------------------------------|-----------------------|---|-------------------------|
| 6:45 AM | Rm3: Strength&Con: TA | Rm3: Strength&Con: MM | Rm3: Strength&Con: TA | Rm3: Strength&Con: TA | Rm3: Strength&Con: AJ |
| | | | | | |
| 12:00 PM | Marni: KM Bag: RC | Marni: KM Level 1/2: GK | Marni: KM Bag: RC | Marni: KM Level 1/2: RC | Marni: KM Bag: GK |
| | | | Rm3: Strength&Con: NK | Rm3: Strength&Con: TD | Rm3: Strength&Con: TD |
| | | | | | |
| 4:00 PM | Rm1: KM Xplorers (Ages 5-7) AA | Rm1: KM Xplorers (Ages 5-7) AA | | Rm1: KM Xplorers (Ages 5-7) KC & AA | |
| 4:30 PM | Rm1: KM Kids Level 1: (Ages 8-13) AA | Rm1: KM Kids Level 1: (Ages 8-13) AA | | Rm1: KM Kids Level 1: (Ages 8-13) OL & AA | |
| | Rm2: KM Level 1: KC | Marni: KM Bag: RC | Marni: KM Level 1: TG | Marni: KM Bag: TR | Marni: KM Bag: KF |
| 5:15 PM | Rm3: Strength&Con: ZK | Rm3: Weightlifting: MM | Rm3: Strength&Con: TA | Rm3: Weightlifting: ZK | |
| | | Rm1: KM Kids Level 2: (Ages 8-13) AA | | Rm1: KM Kids Level 2/3: (Ages 8-13) OL | |
| | Marni: KM Bag: TA | Marni: KM Level 1: TG | Marni: KM Bag: NK | Marni: KM Level 1: TR | Marni: KM Level 1/2: KF |
| 6:15 PM | Rm 2: KM Level 2: DB | Rm 2: KM Level 3: RS | Rm2: KM Level 2: DB | Rm2: KM Level 3: OL | |
| | Rm3: Weightlifting: ZK | Rm3: Strength&Con: MM | Rm3: Stretch: TA | Rm3: Strength&Con: ZK | |
| | Rm1: KM Level 3: TG | | Rm1: KM Level 3: TG | Rm1: KM Level 4/5: KC | |
| 7:15 PM | Marni: KM Level 1: DB | Marni: KM Bag: KF | Marni: Weapons: TG | Marni: KM Bag: OL | |
| | | Rm 2: KM Level 2: TG | Rm2: KM Level 1: DB | Rm2: KM Level 2: KC | |

| | Saturday |
|-------------------|---------------------------------------|
| 8:15 AM | Rm3: Strength & Con: TA |
| | Marni: KM Bag: MW |
| 9:30 AM | Rm2: KM Level 4/5: TG |
| 10:00 AM | Rm1: KM Kids Level 2/3 (Ages 8-13) GK |
| | Marni: KM Level 1: TG |
| 10:30 AM | Rm2: KM Level 2: CH |
| | Rm3: Strength & Con: ZK |
| 11:00 AM | Rm1: KM Xplorers (Ages 5-7) GK |
| | Marni: KM Kids Level 1 (Ages 8-13) GK |
| 11:30 AM | Rm2: Fight Fundamentals: CH |
| | Marni: KM Level 1: GK |
| 12:30 PM | Rm2: Ground Skill Development: CM |
| | |
| 2:00 PM - 8:30 PM | RESERVED FOR SEMINARS AND BELT TEST |

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|---------------------|----------------------|---------------------|-------------------------|------------------------|
| AA - Alfredo Arroyo | RC - Ross Cascio | CH - Chris Hunt | GK - Gabriel Khorramian | TR- Tyler Rainey |
| TA - Tina Angelotti | TD - Troy Donnell | AJ - Alyse Jacobsen | OL - Oscar Leiva | RS - Reginald Stalling |
| DB - Daniel Beebe | KF - Karlton Frazier | ZK - Zack Kaplan | MM - Michael Margolin | MW - Molly Wootton |
| KC - Kelly Campbell | TG - Todd Goldman | NK - Nicko Kazadzis | CM - Christian Medina | |

*Classes and instructors subject to change.

| 2024 INTRO FIGHT CYCLES SATURDAY 11:30 AM (10 week cycles) |
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| Feb 24 May 11 July 27 Oct 12 Dec 21 |

| 2024 GROUND SKILLS DEVELOPMENT CYCLES SATURDAY 12:30 PM |
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| Feb 3 April 20 July 6 Sep 21 Dec 7 |

Color Codes for Class Types

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| KM Bag |
| KM Level 1 |
| Fight |
| KM Xplorers/ KM Kids |
| Fitness |



KRAV MAGA SELF DEFENSE CLASSES

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| 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

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| FIGHT FUNDAMENTALS | Krav Maga street fighting – for level 2 and above students with little or no fighting experience. |
| GROUND SKILLS | KM Ground Skills Development – Understand and develop vital skills for self-defense on the ground. This 10-week cycle emphasizes Krav Maga techniques and movements when entangled with an attacker on the floor. Open to Krav Maga Level 2 students and above with Fight program on membership. |

FITNESS CLASSES

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| 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

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

NOTES

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| 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 and Thai Pad Classes. |
| 6 | Fighting gear including: Headgear, mouthpiece, groin protector, shin guards, and 16oz boxing gloves are required for stand up fight classes. |