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Last Revised  
 November 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
7:00 AM		Marni: Jiu Jitsu: RC		Marni: Jiu Jitsu: BD	
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) 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	
	Marni: Jiu Jitsu: BB	Marni: KM Bag: RC	Marni: Jiu Jitsu: BB	Marni: KM Bag: OL	Marni: KM Bag: KF
5:15 PM	Rm2: KM Level 1: TG	Rm1: KM Kids Level 2: (Ages 8-13) AA	Rm2: KM Level 1: TG	Rm1: KM Kids Level 2/3: (Ages 8-13) AA	
	Rm3: Strength&Con: ZK	Rm3: Weightlifting: MM	Rm3: Strength&Con: TA	Rm3: Weightlifting: ZK	
	Marni: KM Bag: TR	Marni: KM Level 1: TG	Marni: KM Bag: NK	Marni: KM Level 1: MO	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	
	Rm3: Strength&Con: ZK	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: Jiu Jitsu: BB
9:30 AM	Marni: KM Bag: MW
	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
11:30 AM	Marni: KM Kids Level 1 (Ages 8-13) GK
	Rm2: Fight Fundamentals: CH
12:30 PM	Marni: KM Level 1: GK
1:30 PM - 8:30 PM	RESERVED FOR SEMINARS AND BELT TEST

AA - Alfredo Arroyo	RC - Ross Cascio	CH - Chris Hunt	OL - Oscar Leiva	MW - Molly Wootton
TA - Tina Angelotti	BD - Bob D'Andrea	AJ - Alyse Jacobsen	MM - Michael Margolin	
BB - Bam Bam	TD - Troy Donnell	ZK - Zack Kaplan	MO - Micky Obradovic	
DB - Daniel Beebe	KF - Karlton Frazier	NK - Nicko Kazadzis	TR - Tyler Rainey	
KC - Kelly Campbell	TG - Todd Goldman	GK - Gabriel Khorramian	RS - Reginald Stalling	

\*Classes and instructors subject to change.

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

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

Color Codes for Class Types

KM Bag
KM Level 1
Fight
KM Xplorers/ KM Kids
Jiu Jitsu
Fitness



### KRAV MAGA SELF DEFENSE CLASSES

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

### JIU JITSU CLASSES

<b>BRAZILIAN JIU JITSU</b>	Brazilian jiu-jitsu class focuses on grappling, ground fighting, and submission holds. The class provides a broad range of techniques and training methods that spans from fundamental through advanced levels. These classes are suitable for all levels of experience and are an excellent complement to Krav Maga self-defense training. Students are expected to wear a gi to Brazilian jiu-jitsu class. "No-gi" training days are included per the instructor's designation.
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### FIGHTING CLASSES

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

<b>KM BAG</b>	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.
<b>STRENGTH &amp; CONDITIONING</b>	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

<b>KM Xplorers</b> <i>5 – 7 year olds</i>	Beginner: White and Yellow Belts Advanced: Orange, Green, Blue and Brown Belts
<b>KM Kids</b> <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

<b>1</b>	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)
<b>2</b>	Adult classes are approximately 50 min. unless otherwise noted. KM Xplorers classes are 30 minutes, and KM Kids classes are 45 minutes long.
<b>3</b>	Class sizes are limited – please arrive 5-10 minutes early for check-in.
<b>4</b>	Showers are available for your convenience – please bring your own towels.
<b>5</b>	Boxing gloves or bag gloves are required for Bag Classes.
<b>6</b>	Fighting gear including: Headgear, mouthpiece, groin protector, shin guards, and 16oz boxing gloves are required for stand up fight classes.