



11400 W. Olympic Blvd #100 • Los Angeles, CA 90064  
Tel (310) 966-1300 Fax (310) 966-1305  
[www.kravmagalosalosangeles.com](http://www.kravmagalosalosangeles.com)

Last Revised  
December 2025

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|                    | Monday                               | Tuesday                              | Wednesday                           | Thursday                               | Friday                  |
|--------------------|--------------------------------------|--------------------------------------|-------------------------------------|--|-------------------------|
| 5:45 AM            | Rm3: Strength&Con: JR                | Rm3: Weightlifting: MMag             | Rm3: Strength&Con: MW               | Rm3: Weightlifting: MMag               | Rm3: Strength&Con: JR   |
| 6:45 AM            | Rm3: Strength&Con: JR                | Rm3: Strength&Con: MM                | Rm3: Weightlifting: MM              | Rm3: Strength&Con: MW                  | Rm3: Strength&Con: AJ   |
| 7:00 AM            |                                      | Marni: Jiu Jitsu: RC                 |                                     | Marni: Jiu Jitsu: BD                   |                         |
| 8:00 AM - 12:00 PM | O P E N G Y M                        |                                      |                                     |  |                         |
| 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       |
|                    | Rm2: Jiu Jitsu: BB                   |                                      | Rm2: Jiu Jitsu: BB                  |  |                         |
|                    |                                      |                                      | Rm3: Strength&Con: NK               | Rm3: Strength&Con: TD                  | Rm3: Strength&Con: TD   |
| 1:00 PM - 4:00 PM  | O P E N G Y M                        |                                      |                                     |  |                         |
| 4:00 PM            | Rm1: KM Xplorers (Ages 5-7) HC       | Rm1: KM Xplorers (Ages 5-7) HC       | Rm1: Kids Jiu Jitsu: (Ages 8-13) BB | Rm1: KM Xplorers (Ages 5-7) TR         |                         |
| 4:30 PM            | Rm1: KM Kids Level 1: (Ages 8-13) HC | Rm1: KM Kids Level 1: (Ages 8-13) HC |                                     | Rm1: KM Kids Level 1: (Ages 8-13) TR   |                         |
| 5:15 PM            | Marni: Jiu Jitsu: BB                 | Marni: KM Bag: RC                    | Marni: Jiu Jitsu: BB                | Marni: KM Bag: OL                      | Marni: KM Bag: KF       |
|                    | Rm2: KM Level 1: DB                  | Rm1: KM Kids Level 2: (Ages 8-13) HC | Rm2: KM Level 1: DB                 | Rm1: KM Kids Level 2/3: (Ages 8-13) TR |                         |
|                    | Rm3: Strength&Con: ZK                | Rm3: Weightlifting: MM               | Rm3: Strength&Con: NK               | Rm3: Weightlifting: ZK                 |                         |
| 6:15 PM            | Marni: Beginners BJJ: BB             | Marni: KM Level 1: KF                | Marni: Combatives: RS               | Marni: KM Level 1: RS                  | Marni: KM Level 1/2: KF |
|                    | Rm 2: KM Level 2/3: DB               | Rm 2: KM Level 3: MO                 | Rm2: Beginners BJJ: BB              | Rm2: KM Level 4/5: OL                  |                         |
|                    | Rm3: Weightlifting: ZK               | Rm3: Strength&Con: MM                | Rm3: Weightlifting: NK              | Rm3: Strength&Con: ZK                  | Rm3: Strength&Con: DG   |
|                    | Rm1: KM Level 4/5: CH                |                                      | Rm1: KM Level 2/3: DB               |  |                         |
| 7:15 PM            | Marni: No-Gi Jiu-Jitsu: BB           | Marni: KM Bag: KF                    | Marni: No-Gi Jiu-Jitsu: BB          | Marni: KM Bag: OL                      |                         |
|                    | Rm 2: KM Level 1: DB                 | Rm 2: KM Level 2: MO                 | Rm2: KM Level 1: DB                 | Rm2: KM Level 2/3: RS                  |                         |
|                    | Rm3: Strength&Con: ZK                | Rm3: Weapons: KC                     | Rm3: Strength&Con: DG               | Rm3: Mobility: DG                      |                         |

|                        |                      |                         |                         |                        |
|------------------------|----------------------|-------------------------|-------------------------|------------------------|
| BB - Bam Bam           | RC - Ross Cascio     | CH - Chris Hunt         | OL - Oscar Leiva        | JR - Jacob Robinson    |
| DB - Daniel Beebe      | BD - Bob D'Andrea    | AJ - Alyse Jacobsen     | MM - Michael Margolin   | MS - Michelle Sadigh   |
| DBz - David Benzeevi   | TD - Troy Donnell    | ZK - Zack Kaplan        | MMag - Michael Maglione | RS - Reginald Stalling |
| KC - Kelly Campbell    | KF - Karlton Frazier | NK - Nicko Kazadzis     | MO - Micky Obradovic    | CT - Cheyne Tollefson  |
| HC - Hayley Carstensen | DG - Denise Garcia   | GK - Gabriel Khorramian | TR - Tyler Rainey       | MW - Molly Wootton     |

\*Classes and instructors subject to change.

2025 INTRO FIGHT CYCLES | SATURDAY 11:30 AM  
(10 week cycles)

March 1 | May 10 | July 19 | Sept 27 | Dec 6

|                   | Saturday                              | Sunday                              |
|-------------------|---------------------------------------|-------------------------------------|
| 8:15 AM           | Rm3: Strength & Con: MS               |                                     |
|                   | Marni: Jiu Jitsu: BB                  |                                     |
| 9:00 AM           |                                       | Marni: KM Level 2: DBz              |
| 9:15 AM           | Rm1: Kids Jiu Jitsu: (Ages 8-13) BB   |                                     |
| 9:30 AM           | Marni: KM Bag: MW                     |                                     |
|                   | Rm2: KM Level 4/5: CH                 |                                     |
|                   | Rm3: Strength & Con: ZK               |                                     |
| 10:00 AM          | Rm1: KM Kids Level 2/3 (Ages 8-13) GK | Marni: KM Level 1: DBz              |
|                   |                                       | Rm2: Beginners BJJ: BB              |
| 10:30 AM          | Marni: KM Level 1/2: MO               |                                     |
|                   | Rm2: KM Level 3: CH                   |                                     |
|                   | Rm3: Strength & Con: ZK               |                                     |
| 11:00 AM          | Rm1: KM Xplorers (Ages 5-7) GK        | Marni: KM Bag: CT                   |
|                   |                                       | Rm1: Women-Only BJJ: BB             |
| 11:30 AM          | Marni: KM Kids Level 1 (Ages 8-13) GK | RESERVED FOR SEMINARS AND BELT TEST |
|                   | Rm2: Fight Fundamentals: CH           |                                     |
| 12:30 PM          | Marni: KM Level 1: DBz                |                                     |
|                   | Rm2: KM Level 2: GK                   |                                     |
| 1:30 PM - 8:30 PM | RESERVED FOR SEMINARS AND BELT TEST   |                                     |

Color Codes for Class Types

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



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| 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. |
| FIGHTING CLASSES                   |   |
| <b>FIGHT FUNDAMENTALS</b>          | Krav Maga street fighting – for level 2 and above students with little or no fighting experience.   |
| 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>                 | Beginner: White and Yellow Belts  |
| <b>5 – 7 year olds</b>             | Advanced: Orange, Green, Blue and Brown Belts   |
| <b>KM Kids</b>                     | Level 1: White Belts  |
| <b>8 – 13 year olds</b>            | 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.  |