



11400 W. Olympic Blvd #100 • Los Angeles, CA 90064
Tel (310) 966-1300 Fax (310) 966-1305
www.kravmagalosangeles.com

Last Revised
January 2026

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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				
	Marni: KM Bag: RC	Marni: KM Level 1/2: GK	Marni: KM Bag: RC	Marni: KM Level 1/2: RC	Marni: KM Bag: GK
12:00 PM	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	
	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: 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	
	Marni: Beginners BJJ: BB	Marni: KM Level 1: KF	Marni: Combatives: RS	Marni: KM Level 1: RS	Marni: KM Level 1/2: KF
6:15 PM	Rm 2: KM Level 2/3: DB	Rm 2: KM Level 3: MO	Rm2: Beginners BJJ: BB	Rm2: KM Level 4/5: KC	
	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 4/5: KC	Rm1: KM Level 2/3: DB	Rm1: KM Level 3: OL	
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: RS	
	Rm3: Strength&Con: ZK	Rm3: Weapons: KC	Rm3: Strength&Con: DG	Rm3: Mobility: DG	
	Rm1: Thai Pads: CT				

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.

2026 INTRO FIGHT CYCLES | SATURDAY 11:30 AM
(10 week cycles)

Feb 14 | April 25 | July 11 | Sept 19 | Nov 28

	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	
	Marni: KM Bag: MW	
9:30 AM	Rm2: KM Level 4/5: CH Rm3: Weightlifting: ZK	
10:00 AM	Rm1: KM Kids Level 2/3 (Ages 8-13) GK	Marni: KM Level 1: DBz Rm2: Beginners BJJ: BB
	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 Rm2: Fight Fundamentals: CH	
	Marni: KM Level 1: DBz	
12:30 PM	Rm2: KM Level 2: GK	
1:30 PM - 8:30 PM	RESERVED FOR SEMINARS AND BELT TEST	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	
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.
JIU JITSU CLASSES	
BRAZILIAN JIU JITSU	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	
FIGHT FUNDAMENTALS	Krav Maga street fighting – for level 2 and above students with little or no fighting experience.
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.
THAI PADS	Thai/kickboxing combinations on the Thai Pads. Open to all levels.
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 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.