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Last Revised
February 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: OL
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: OL
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		Rm1: Fight: RS		

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