

Columbia Class Schedule – Spring 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ADULT KRAV MAGA TRAINING							
Level 1	5:00-6:00pm Mark H & Jeremy	11:30-12:30pm Jeremy	4:00-5:00pm Jennum	11:30-12:30pm Jennum		9:00-10:00am Chris & Jeremy	
	7:00-8:00pm Ralph B & Carson	5:00-6:00pm Jack & Kirk	6:00-7:00pm Jack & Mark H	5:00-6:00pm Don & Kyle			
		7:00-8:00pm Don & Ralph B	7:00-8:00pm Jack & Bryn	7:00-8:00pm Greg & Ralph H			
Level 2	5:00-6:00pm Kirk	6:00-7:00pm Kyle	5:00-6:00pm Bryn			10:00-11:00am Mark H	
Level 3						10:00-11:00am Evelyn	
Level 2/3	7:00-8:00pm Angela		6:00-7:00pm Greg	5:00-6:00pm Evelyn			
				7:00-8:00pm Don E			
Level 3/4	6:00-7:00pm Kirk	7:00-8:00pm Chris					
Level 4/5						10:00-11:00am Chris	
All levels	11:30-12:30pm Kyle		11:30-12:30pm Jeremy		11:30-12:30pm Alex	12:00-1:00pm Evelyn & Dom C	10:00-11:00am Joe & Mark H
					5:00-6:00pm Alex		
YOUTH KRAV MAGA TRAINING							
Level 1		5:00-6:00pm Kyle & Ralph H	5:00-6:00pm Don & Jennum			9:00-10:00am Don & Bryn	
Level 2	7:00-8:00pm Bryn					11:00-12:00pm Kyle	
All levels				6:00-7:00pm Greg & Evelyn			
Youth Fitness		6:00-7:00pm Don E & Will					
Youth Fight			7:00-8:00pm Greg & Matt K			12:00-1:00pm Mark E, Don E	
FIGHT							
Fight 1		6:00-7:00pm Kirk				11:00-12:00pm Mark H	
Ground				7:00-8:00pm Will			
FITNESS & CONDITIONING							
Strength	6:00-7:00am Jon	6:00-7:00am Jon	6:00-7:00am Jon	6:00-7:00am Jon	6:00-7:00am Jon	8:00-9:00am Andrew	10:00-11:00am Jon
	5:00-6:00pm Andrew		5:00-6:00pm Brian	5:00-6:00pm Thomas	5:00-6:00pm Zac		
Foundations/ Open Gym	6:00-7:00pm Andrew		6:00-7:00pm Brian			9:00-10:00am Andrew	
Conditioning		5:00-6:00 Don E		6:00-7:00pm Ralph B			
Thai Pads				6:00-7:00pm Will			
Heavy Bag	6:00-7:00pm Ralph B	7:00-8:00pm Will			6:00-7:00pm Alex		11:00am-12:00pm Mark H
Mobility			4:00-5:00pm Greg				
Skill						11:00-12:00pm Andrew	

Krav Maga Maryland – Columbia

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Open

Monday – Friday 10:30am - 9:00pm
Saturday 9:00am - 1:00pm
Sunday - 10:00pm - 11:00am for classes only
Private Training is available. Contact us for details.