

# Columbia Class Schedule – Summer 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>ADULT KRAV MAGA TRAINING</b>							
<b>Level 1</b>	5:00-6:00pm Rob & Kirk	11:30-12:30pm Jeremy	4:00-5:00pm Jennum	11:30-12:30pm Jennum		9:00-10:00am Chris & Ien	
	7:00-8:00pm Ralph B & Carson	5:00-6:00pm Kirk & Ien	6:00-7:00pm Jack & Alex	5:00-6:00pm Don & Kyle			
		7:00-8:00pm Don & Kyle	7:00-8:00pm Jack & Bryn	7:00-8:00pm Greg & Ralph H			
<b>Level 2</b>	5:00-6:00pm Jeremy	6:00-7:00pm Ralph B	5:00-6:00pm Bryn			10:00-11:00am Mark H	
<b>Level 3</b>						10:00-11:00am Evelyn	
<b>Level 2/3</b>	7:00-8:00pm Angela		6:00-7:00pm Greg	5:00-6:00pm Evelyn			
				7:00-8:00pm Don E			
<b>Level 3/4</b>	6:00-7:00pm Kirk	7:00-8:00pm Chris					
<b>Level 4/5</b>						10:00-11:00am Chris	
<b>All levels</b>	11:30-12:30pm Kyle		11:30-12:30pm Jeremy		11:30-12:30pm Jeremy	12:00-1:00pm Evelyn & Dom C	10:00-11:00am Mark H
					5:00-6:00pm Alex		
<b>YOUTH KRAV MAGA TRAINING</b>							
<b>Level 1</b>		5:00-6:00pm Kyle & Ralph H	5:00-6:00pm Don & Jennum			9:00-10:00am Don & Bryn	
<b>Level 2</b>	7:00-8:00pm Bryn					11:00-12:00pm Kyle	
<b>All levels</b>				6:00-7:00pm Greg & Evelyn			
<b>Youth Fitness</b>		6:00-7:00pm Don E & Will					
<b>Youth Fight</b>			7:00-8:00pm Greg & Matt K			12:00-1:00pm Mark E & Don E	
<b>FIGHT</b>							
<b>Fight 1</b>		6:00-7:00pm Kirk				11:00-12:00pm Mark H	
<b>Ground</b>				7:00-8:00pm Will			
<b>FITNESS &amp; CONDITIONING</b>							
<b>Strength</b>	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		
<b>Foundations/ Open Gym</b>						9:00-10:00am Andrew	
<b>Conditioning</b>		5:00-6:00 Don E	6:00-7:00pm Ralph B				
<b>Thai Pads</b>				6:00-7:00pm Will			
<b>Heavy Bag</b>	6:00-7:00pm Ralph B	7:00-8:00pm Will			6:00-7:00pm Alex		11:00am- 12:00pm Mark H
<b>Mobility</b>			4:00-5:00pm Greg				
<b>Skill</b>	6:00-7:00pm Andrew					11:00-12:00pm Andrew	
<b>Yoga for a Cause*</b>	<b>*\$5 for members, \$10 for nonmembers 100% of proceeds to a different charity each month</b>			6:00-7:00pm Brian T			

**Krav Maga Maryland – Columbia**  
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### Open

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