

# Columbia Class Schedule – Winter 2017

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

## Krav Maga Maryland – Columbia

8865 Stanford Blvd., Suite 141  
Columbia, MD 21045  
410-872-9194  
[www.kravmd.com](http://www.kravmd.com)

## 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.*