

Columbia Class Schedule – Spring 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ADULT KRAV MAGA TRAINING							
Level 1	5:00-6:00pm Elisabeth & Kirk	11:30-12:30pm Jeremy	11:30-12:30pm Dom	11:30-12:30pm Elisabeth		9:00-10:00am Jeremy & Chris	
	7:00-8:00pm len & Carson	5:00-6:00pm Kirk & Jack	4:00-5:00pm Elisabeth	5:00-6:00pm Don & Kyle		11:00-12:00pm Don & len	
		7:00-8:00pm Kirk & Ralph H	6:00-7:00pm Alex & Ralph B	7:00-8:00pm len & Ralph H			
			7:00-8:00 Jack & Alex				
Level 2	5:00-6:00pm Jeremy	6:00-7:00pm Ralph B	10:30-11:30am Dom			10:00-11:00am len	
			5:00-6:00pm Jeff M				
Level 3				5:00-6:00pm Elisabeth		10:00-11:00am Chris	
Level 2/3	7:00-8:00pm Dom		6:00-7:00pm Jack	7:00-8:00pm Greg			
Level 3/4	6:00-7:00pm Kirk	7:00-8:00pm Chris					
Level 4/5						10:00-11:00am Jeff M	
All levels	11:30-12:30pm Kyle				11:30-12:30pm Jeremy		10:00-11:00am Ralph B
					5:00-6:00pm Alex		
YOUTH KRAV MAGA TRAINING							
Level 1		5:00-6:00pm Kyle & Ralph H	5:00-6:00pm Don & Alex			9:00-10:00am Don & Kyle	
Level 2	7:00-8:00pm Ralph H					11:00-12:00pm Kyle	
All levels				6:00-7:00pm Greg & Don			
Youth Fitness		6:00-7:00pm Don & Will					
Youth Fight			7:00-8:00pm Greg & Don			12:00-1:00pm Mark E & len	
FIGHT							
Fight 1		6:00-7:00pm Kirk				11:00-12:00pm Dom C	
Ground				7:00-8:00pm Will			
FITNESS & CONDITIONING							
Strength & Conditioning	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			
Thai Pads				6:00-7:00pm Will		12:00-1:00pm Dom	
Bootcamp Conditioning	6:00-7:00pm Andrew		6:00-7:00pm Don				
Heavy Bag	6:00-7:00pm Dom C	7:00-8:00pm Ralph B			6:00-7:00pm Alex		11:00am-12pm Ralph B
Skill						9:00-10:00am rotating	
Yoga for a Cause*	*\$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

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.