

Columbia Class Schedule – Summer 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 Elisabeth		9:00-10:00am Jeremy & Chris	
	7:00-8:00pm Ilen & Carson	5:00-6:00pm Kirk & Jack	4:00-5:00pm Elisabeth	5:00-6:00pm Jeremy & Kyle		11:00-12:00pm Ilen	
		7:00-8:00pm Kirk & Ralph H	6:00-7:00pm Jack & Ralph B	7:00-8:00pm Ilen & Ralph H			
			7:00-8:00 Jack & Alex				
Level 2	5:00-6:00pm Jeremy	5:00-6:00pm Kyle	5:00-6:00pm Ralph B			9:00-10:00am Ilen	
Level 3						10:00-11:00am Dom	
Level 2/3				5:00-6:00pm Evelyn			
Level 3/4	6:00-7:00pm Kirk		6:00-7:00pm Alex				
Level 4/5						10:00-11:00am Chris	
Weapons (L2 & higher)		7:00-8:00pm Chris					
All levels	11:30-12:30pm Kyle		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		6:00-7:00pm Kyle & Ralph H	5:00-6:00pm Greg & Alex			9:00-10:00am Alex & Kyle	
Level 2	7:00-8:00pm Evelyn					11:00-12:00pm Kyle	
All levels				6:00-7:00pm Greg & Evelyn			
Youth Fitness						10:00-11:00am rotating instr.	
Youth Fight						12:00-1:00pm Dom & Ilen	
FIGHT							
Fight 1		6:00-7:00pm Kirk				11:00-12:00pm Dom C	
Ground				7:00-8:00pm Will			
FITNESS & CONDITIONING							
Strength & Conditioning	6:00-7:00am Jason		6:00-7:00am Jason		6:00-7:00am Jason	8:00-9:00am rotating	10:00-11:00am Jon
	6:00-7:00pm	6:00-7:00pm Maddie	6:00-7:00pm Brian	6:00-7:00pm Andrew			
Thai Pads				6:00-7:00pm Will			
Bootcamp	5:00-6:00pm Andrew	5:00-6:00pm Maddie	5:00-6:00pm Brian	5:00-6:00pm Andrew	5:00-6:00pm Ralph B		
Heavy Bag	6:00-7:00pm Evelyn	7:00-8:00pm Ralph B			6:00-7:00pm Alex		11:00am-12pm Ralph B
Yoga for a Cause*	*\$5 for members, \$10 for nonmembers 100% of proceeds to a different charity each month			7:00-8:00pm Brian T			