

# Columbia Class Schedule – Fall 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>ADULT KRAV MAGA TRAINING</b>							
<b>Level 1</b>	5:00-6:00pm Kirk & Christian	11:30-12:30pm Jeremy	4:00-5:00pm Elisabeth	11:30-12:30pm Elisabeth		9:00-10:00am Jeremy & Chris	
	7:00-8:00pm Carson & Ben	5:00-6:00pm Kirk & Jack	6:00-7:00pm Jack & Greg	5:00-6:00pm Jeremy & Kyle		11:00-12:00pm len	
		7:00-8:00pm Kirk & Ralph H	7:00-8:00 Alex & Christian	7:00-8:00pm len & Ralph H			
<b>Level 2</b>	5:00-6:00pm Jeremy	5:00-6:00pm Kyle	5:00-6:00pm Ralph B			9:00-10:00am len	
<b>Level 3</b>						10:00-11:00am Alex	
<b>Level 2/3</b>			7:00-8:00pm Jack	5:00-6:00pm Greg			
<b>Level 3/4</b>	6:00-7:00pm Kirk		6:00-7:00pm Alex				
<b>Level 4/5</b>						10:00-11:00am Chris	
<b>Weapons (L2 &amp; higher)</b>		7:00-8:00pm Chris					
<b>All levels</b>	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		
<b>YOUTH KRAV MAGA TRAINING</b>							
<b>Level 1</b>		6:00-7:00pm Don & Ralph H	5:00-6:00pm Greg & Alex			9:00-10:00am Kyle & Mel	
<b>Level 2</b>	7:00-8:00pm len					11:00-12:00pm Kyle	
<b>All levels</b>				6:00-7:00pm Greg & Mel			
<b>Youth Fitness</b>						10:00-11:00am Don & len	
<b>Youth Fight</b>						12:00-1:00pm len	
<b>FIGHT</b>							
<b>Fight 1</b>		6:00-7:00pm Kirk				11:00-12:00pm Don	
<b>Ground</b>				7:00-8:00pm Will			
<b>FITNESS &amp; CONDITIONING</b>							
<b>Strength &amp; Conditioning</b>	6:00-7:00am Maddie		6:00-7:00am Jason		6:00-7:00am Jason	8:00-9:00am rotating	10:00-11:00am
	6:00-7:00pm Andrew	6:00-7:00pm Maddie	6:00-7:00pm Don	6:00-7:00pm Brian			
<b>Thai Pads</b>				6:00-7:00pm Will			
<b>Bootcamp</b>	5:00-6:00pm Andrew	5:00-6:00pm Maddie	5:00-6:00pm Don	5:00-6:00pm Brian	5:00-6:00pm Ralph B		
<b>Heavy Bag</b>	6:00-7:00pm Ben	7:00-8:00pm Don			6:00-7:00pm Alex		11:00am-12pm Ralph B
<b>Mobility</b>		4:30-5:00pm Jon R					
<b>Yoga for a Cause*</b>	*\$5 for members, \$10 for nonmembers 100% of proceeds to a different charity each month			7:00-8:00pm Brian T			