

# CLASS SCHEDULE



WWW.TIERONETRAINING.COM

(847) 905-0448

Effective April 1, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
9:30 - 10:30	Reserved for Private Training	Reserved for Private Training	Reserved for Private Training		Reserved for Private Training	Krav Maga L2/L3	Reserved for Private Training & Workshops	
10:30 - 11:30				Krav Maga L1		Krav Maga L1		
11:30 - 12:30				Reserved for Private Training		Reserved for Private Training		Boxing*
12:30-1:30				Reserved for Private Training		Reserved for Private Training		Reserved for Private Training
1:30-5:45				Reserved for Private Training		Reserved for Private Training		Reserved for Private Training
5:45-6:45	Krav Maga L1	Boxing - Fundamentals and Conditioning	Krav Maga L2	Krav Maga L1		Reserved for Private Training & Workshops		
6:45-7:45	Boxing	Krav Maga L1	Boxing	Krav Maga All Levels - Clinic 6:45-8:00				
7:45-8:45	Krav Maga L3/L4	Krav Maga L2/L3	Krav Maga L1					

Miss a week? Need more personalized training? Private lessons are a great way to cover what you missed and to sharpen your technique! Private training is available for all classes. See the front desk for details. Boxing\* - last Saturday of every month will be a Sparring Class.