

ALPHA KRAV MAGA COMPOUND CLASS SCHEDULE

BOXING:	STUDENTS RUN THROUGH CURRENT TRAINING AND CONDITIONING REGIMENS USED BY PROFESSIONAL BOXERS AND MMA FIGHTERS. THIS CLASS EMPHASIZES WORK WITH PUNCH FOCUS MITTS, HEAVY BAGS, TRAINED FOOTWORK, MOVEMENT AND SPARRING.
BRAZILIAN JIU JITSU: (*No GI)	A MARTIAL ART, COMBAT SPORT, AND SELF-DEFENSE SYSTEM THAT FOCUSES ON GRAPPLING, ESPECIALLY GROUND FIGHTING. STUDENTS LEARN TO APPLY LEVERAGE AND PROPER TECHNIQUE-MOST NOTABLY BY APPLYING JOINT-LOCKS AND CHOKEHOLDS. WHETHER YOU HAVE NEVER HEARD OF BJJ OR YOU ARE QUITE AN EXPERIENCED PRACTITIONER, THERE IS SO MUCH VALUABLE KNOWLEDGE TO BE GAINED BY SPENDING TIME ON THE MAT!
CORE BAG 30:	ONLY HAVE TIME FOR A SHORT WORKOUT? THIS CLASS IS DESIGNED WITH YOU IN MIND. ENJOY 30 MINUTES OF INTENSE CORE TRAINING MIXED WITH A HEAVY BAG WORKOUT.
CORE BAG:	STUDENTS FOCUS ON INTENSE CORE TRAINING MIXED WITH A HEAVY BAG WORKOUT.
FAMILY CLASS:	A FUN CLASS DESIGNED FOR THE ENTIRE FAMILY, COME LEARN EFFECTIVE STRATEGIES THE WHOLE FAMILY CAN APPLY IN CASE OF AN EMERGENCY. WE BELIEVE A FAMILY THAT KICKS TOGETHER, STAYS TOGETHER!
INTRO TO FIGHT:	INTIMIDATED BY THE THOUGHT OF FIGHTING? THIS CLASS IS DESIGNED TO BUILD YOUR CONFIDENCE IN FIGHTING WITH A STEP-BY-STEP, METHODOICAL, NON-INTIMIDATING CURRICULUM. LEARN A VARIETY OF ESSENTIAL STRIKES, BLOCKS, AND MOVEMENTS DEVELOPED FOR KRAV MAGA STREET FIGHTING.
KO BAG:	WHETHER OR NOT YOU WANT TO REFINE YOUR KRAV MAGA TECHNIQUES, OR JUST NEED TO BLOW OFF STEAM, THIS CLASS COMBINES ELEMENTS OF FUNCTIONAL STRENGTH TRAINING, DYNAMIC FLEXIBILITY, AND HEAVY BAG WORK THROUGH REPETITION, DRILLS AND COMBINATIONS ON THE BAG.
MUAY THAI/KICKBOXING:	RUN THROUGH THE TRAINING AND CONDITIONING OF PROFESSIONAL KICK BOXERS. IN THIS CLASS STUDENTS USE THAI PADS, FOCUS MITTS, AND HEAVY BAGS TO MASTER TRAINED MOVEMENTS, PROPER FOOTWORK AND SPARRING. ALL EXPERIENCE LEVELS ARE WELCOME TO PARTICIPATE!
WEAPONS DEFENSE:	A RELEVANT CLASS FOR ALL ADULTS, LEARN ADVANCED TECHNIQUES INVOLVING DEFENSES AGAINST ARMED ASSAILANTS AND WEAPONS SUCH AS GUNS, STICKS, KNIVES, AND MORE.
YOGA:	OPEN UP YOUR BODY THROUGH YIN AND YANG-STYLE STRETCHING. THIS CLASS IS DESIGNED TO INCREASE HIP, HAMSTRING, SHOULDER AND BACK MOBILITY, IMPROVE FLEXIBILITY, REDUCE MUSCLE RESISTANCE AND INCREASE STRENGTH. IT IS THE PERFECT CLASS TO ROUND OUT OUR MORE EXPLOSIVE TRAINING.
X-FIT:	A FAT BURNING, SIX-PACK INDUCING, HIGH INTENSITY WORKOUT. USING BODY WEIGHT EXERCISES, PLYO BOXES, MEDICINE BALLS, KETTLE BELLS, DUMBBELLS, PULL-UP BARS, TRX BANDS AND MOST IMPORTANTLY THE HEART!
KRAV MAGA	THE GOAL OF KRAV MAGA IS TO HELP DEVELOP THE ABILITY TO QUICKLY AND EFFICIENTLY DEFEND AGAINST ANY CONCEIVABLE THREAT TO YOU, A FRIEND, OR FAMILY MEMBER. ATTAIN THE ABILITY TO PERFORM REALISTIC DEFENSES AGAINST A VARIETY OF ATTACKS, WHETHER THE ASSAILANT IS ARMED OR UNARMED