

Krav Maga Capitol Hill Class Schedule

Effective 6/18/18

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ADULT KRAV MAGA TRAINING & THAI PADS							
Level 1	5:00pm-6:00pm	8:00pm-9:00pm	6:30-7:30am 6:00pm-7:00pm	8:00-9:00pm	6:30-7:30am	10:00am-11:00am	
Level 2	6:00pm-7:00pm	7:00pm-8:00pm				11:00am-12:00pm	
Level 2/3				6:00-7:00pm			
Level 3	8:00pm-9:00pm		7:00-8:00pm				
Youth Level 1				7:00-8:00pm		12:00-1:00pm	
All Levels	6:30am-7:30am		8:00-9:00pm				
Thai Pads						9:00am-10:00am	
Heavy Bag		5:30pm-6:00pm		5:30pm-6:00pm			
FIGHT							
Intro to Fight	7:00pm-8:00pm						
Ground		6:00pm-7:00pm					

**Krav Maga Capitol Hill
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