

ALPHA KRAV MAGA COMPOUND CLASS SCHEDULE

DAY/ TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	ROOM 1	ROOM 2	ROOM 1	ROOM 2	ROOM 1	ROOM 2	ROOM 1	ROOM 2	ROOM 1	ROOM 2	ROOM 1	ROOM 2	ROOM 1	ROOM 2
6 - 7 AM			KM 1,2		X-FIT		KM ALL LEVELS		KICK BOXING BAG					
7 - 8					WEAPONS DEFENSE									
8:30 -9:30											MUAY THAI		X-FIT	
9:30 -10:30	X-FIT		KICKBOXING BAG		KICKBOXING BAG		KICKBOXING BAG		KICK BOXING BAG		KICKBOXING BAG	KIDS (6-8Y) BEGINNER	BOXING	KIDS (6-13Y) GRAPPLING
10:30 -11:30	KM ALL LEVELS		KM 1,2		MUAY THAI		KM 1,2	KM 3,4,5	KM 1,2		KM ALL LEVELS	KIDS (9-13Y) BEGINNER	KICK BOXING BAG	BJJ (NO GI)
11:30 -12:30					BJJ						WEAPONS DEFENSE	KIDS ADVANCED	KM 1,2	KM 3,4,5

RESERVED FOR PRIVATE LESSONS & LAW ENFORCEMENT TRAINING

5 - 6 PM	KM 1	KIDS (6-8Y) BEGINNER	KICKBOXING BAG	KIDS (9-13Y) BEGINNER	KIDS BEGINNER (6-8Y)	KIDS ADVANCED	KICKBOXING BAG	KIDS (9-13Y) BEGINNER	KM 1,2	KIDS ADVANCED	TO SCHEDULE A PRIVATE LESSON PLEASE CALL 847-272-2716
6 - 7	KICKBOXING BAG	KM 2	KM 1	MUAY THAI	KICKBOXING BAG	KM 3,4,5	KM 1	MUAY THAI			
7 - 8	WEAPONS DEFENSE		BOXING	KM 2	KM 1,2			XFIT			
8 - 9											

NORTHBROOK LOCATION
573 S. WAUKEGAN RD,
847-272-2716

