

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	JCF Combo Fit	JCF Boxing	JCF 300	JCF Combo Fit			
8:00 AM	BRAZILIAN JIUJITSU (G)			BRAZILIAN JIUJITSU (G)			
9:00 AM						JCF 300	
10:00 AM	Krav Maga All	Krav Maga/Force Training (Law Enforcement/Military)	Krav Maga/Force Training (Law Enforcement/Military)	Krav Maga/Force Training (Law Enforcement/Military)		Krav Maga All	JCF Boxing (10:00 - 11:30)
10:00 AM		Escrima (10:00 - 11:00)				Kids Krav Maga & Brazilian JiuJitsu (10:15-11:00)	
11:00 AM	Krav Maga All	Krav Maga All	Krav Maga All	Krav Maga All	Krav Maga Level 1	Muay Thai / Kickboxing	
11:00 AM						BRAZILIAN JIUJITSU (G)	
11:00 AM						HOSIN-SUL	
12:00 PM		Krav Maga Level 2 - 3	Krav Maga All	Krav Maga All	Krav Maga All (Beginner Sparring)	MMA SPARRING (MIXED MARTIAL ARTS)	
12:00 PM					BRAZILIAN JIUJITSU (G)		
4:00 PM	MMA OPEN MAT (MEMBERS ONLY)	MMA OPEN MAT (MEMBERS ONLY)	MMA OPEN MAT (MEMBERS ONLY)	MMA OPEN MAT (MEMBERS ONLY)			
4:00 PM		JCF 300		JCF 300			
5:00 PM	Krav Maga Level 1	Krav Maga Level 1	Krav Maga Level 1	Krav Maga Level 1	Krav Maga Level 1		
5:00 PM	Krav Maga Level 2	Krav Maga Level 2	Krav Maga Level 2 (Sparring)	Krav Maga Level 2	Krav Maga Level 2		
5:15 PM	Kids Krav Maga & Brazilian JiuJitsu Ages (5:15-6:00)	Kids Krav Maga & Brazilian JiuJitsu (5:00-6:00)	Kids Krav Maga & Brazilian JiuJitsu (5:15-6:00)	Kids Krav Maga & Brazilian JiuJitsu (5:00-6:00)			
6:00 PM	JCF Combo Fit	JCF Combo Fit	JCF Combo Fit	JCF Combo Fit	JCF Boxing (6:00 - 7:30)		
6:00 PM	Krav Maga Level 2	Krav Maga Level 2	Krav Maga Level 2				
6:00 PM	Krav Maga Level 3	Krav Maga Level 3	Krav Maga Level 3 - 4 (Sparring)	Krav Maga Level 3 - 4	Krav Maga Level 3-4 (Advanced Sparring)		
6:00 PM	Krav Maga Level 4	Krav Maga Level 4 - 5	Krav Maga Level 4 - 5	Krav Maga Level 4 - 5	Escrima (6:00 - 7:00)		
7:00 PM	Krav Maga Level 1	Krav Maga All / Level 5	Krav Maga All				
7:00 PM	BRAZILIAN JIUJITSU (G)	MMA Ground / No-GI BRAZILIAN JIUJITSU	BRAZILIAN JIUJITSU (G)	MMA Ground / No-GI BRAZILIAN JIUJITSU			
7:30 PM	Muay Thai / Kickboxing	Muay Thai / Kickboxing	Muay Thai / Kickboxing	Muay Thai / Kickboxing			



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*Beginner Krav Maga students may attend Krav Maga "All" & "Level 1" classes. All classes 1 hour unless specified otherwise. Updated 03/08/10