

time/day	monday	tuesday	wednesday	thursday	friday	saturday
6a	Cave Training <i>*By appointment</i>		Cave Training <i>*By appointment</i>		Cave Training <i>*By appointment</i>	
9a		Kettlebells	Group Therapy	Kettlebells	Group Therapy	Meditation <i>*By appointment</i>
10a		3/2/1	Cave Training	Yoga/Mobility	Kettlebells	Cave Training
11a		Open Gym/Mat Lunch Crunch 11:00 -1:00	Open Gym/Mat Lunch Crunch 11:00-1:00	Open Gym/Mat Lunch Crunch 11:00-1:00	Open Gym/Mat Lunch Crunch 11:00-1:00	Krav Maga ALL LEVELS 11:00-1:00
12p		SENIOR/EXECUTIVE Martial Arts (60+)	Open Gym/Mat Lunch Crunch 11:00 -1:00	SENIOR/EXECUTIVE Martial Arts (60+)	Open Gym/Mat Lunch Crunch 11:00-1:00	TSD - Open Mat ALL LEVELS 11:00-1:00
1p						
2p						
3p						
4p	TSD - Kids BEG	TSD - Kids ALL	TSD - Kids BEG	TSD - Kids ALL		
5p	Krav Maga-Lev I MAC - ALL	Cave Basics TSD - Kids Int/Adv	Krav Maga-Lev I MAC - ALL	Cave Basics TSD - Kids Int/Adv	Japanese Jiu-Jitsu: All Levels TSD Sparring - ALL	
6p	Krav Maga-Lev I TSD - Adult	Cave Training TSD - All BEG	Krav Maga-Lev I TSD - All Int/Adv	Cave Training TSD - Adult	Krav Maga:Weapons Barrel & Blade *	* NOTE - Prerequisites for Barrel & Blade: Level I Quiet Beast Krav Maga grad (or higher) -or- Red Belt (or higher) Yong Gi Tang Soo Do. Not a member but interested and have experience? Contact us!
7p	Krav Maga Level II & up	Krav Maga Level II & up	Krav Maga-Womens Self Defense	Krav Maga Level II & up	Japanese Jiu-Jitsu: All Levels	