

time/day	monday	tuesday	wednesday	thursday	friday	saturday
6a	Cave Training <i>*By appointment</i>				Cave Training <i>*By appointment</i>	
9a						
10a	Group Therapy <i>*Reveservation recommended</i>	Kettlebells <i>*Reveservation recommended</i>	3/2/1 <i>*Reveservation recommended</i>	Kettlebells <i>*Reveservation recommended</i>		Cave Training
11a						Krav Maga ALL LEVELS 11:00-1:00
12p						Krav Maga ALL LEVELS 11:00-1:00
1p						
2p						
3p						
4p	Class begins at 4:15 Kids BEGINNER (white/orange)	<i>* by appointment *</i>	Class begins at 4:15 Kids BEGINNER (white/orange)	<i>* by appointment *</i>		
5p	Kids Krav Maga MAC (Martial Arts Conditioning) Open Gym	KIDS Boxing Kids (Orange-Red) Open Gym	KIDS Boxing All Ages & Levels Open Gym	KIDS Boxing Kids (Orange-Red) Open Gym	Kids Krav Maga All Ages & Levels	
6p	Krav Maga-Level I Open Mat	Cave Training Adult Tang Soo Do	Krav Maga-Level I All Advanced (Red-Dan)	Cave Training Adult Tang Soo Do	Krav Maga All Levels	
7p	Japanese Ju-Jitsu	Krav Maga-Level II	Japanese Ju-Jitsu	Krav Maga-Level II	Japanese Ju-Jitsu	