



AMERICAN DRENGR KRAV MAGA SCHEDULE Effective March 25th, 2024

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Mat 1	Mat 2	Mat 1	Mat 2	Mat 1	Mat 2	Mat 1	Mat 2	Mat 1	Mat 2	Mat 1	Mat 2
9:00		9:00		9:00		9:00		9:00		9:00	
9:15		9:15		9:15		9:15		9:15		9:15	
9:30		9:30		9:30		9:30		9:30		9:30	
9:45		9:45		9:45		9:45		9:45		9:45	
10:00		10:00		10:00		10:00		10:00		10:00	
10:15		10:15		10:15		10:15		10:15		10:15	
10:30		10:30		10:30		10:30		10:30		10:30	
10:45		10:45		10:45		10:45		10:45		10:45	
11:00		11:00		11:00		11:00		11:00		11:00	
11:15		11:15		11:15		11:15		11:15		11:15	
11:30		11:30		11:30		11:30		11:30		11:30	
11:45		11:45		11:45		11:45		11:45		11:45	
12:00		12:00		12:00		12:00		12:00		12:00	
12:15		12:15		12:15		12:15		12:15		12:15	
12:30		12:30		12:30		12:30		12:30		12:30	
12:45		12:45		12:45		12:45		12:45		12:45	
4:00		4:00		4:00		4:00		4:00		4:00	
4:15	Little Warriors	4:15	Little Warriors	4:15	Little Warriors	4:15	Little Warriors	4:15	Little Warriors	4:15	Little Warriors
4:30	Jr. Krav Beginner	4:30	Little Warriors	4:30	Jr. Krav Beginner	4:30	Jr. Krav Beginner	4:30	Little Warriors	4:30	Jr. Krav Advanced
4:45		4:45	Little Warriors	4:45	4:45	4:45	Little Warriors	4:45	4:45	4:45	Little Warriors
5:00		5:00	5:00	5:00	5:00	5:00	5:00	5:00	5:00	5:00	5:00
5:15	Jr. BB Club	Jr. Krav Beginner	5:15	5:15	Jr. BB Club	5:15	5:15	Jr. BB Club	5:15	5:15	Jr. Krav Beginner
5:30	Little Warriors	5:30	5:30	5:30	5:30	5:30	5:30	5:30	5:30	5:30	5:30
5:45		5:45	5:45	5:45	5:45	5:45	5:45	5:45	5:45	5:45	Jr. BB Club
6:00		6:00	6:00	6:00	6:00	6:00	6:00	6:00	6:00	6:00	6:00
6:15	Jr. Krav Advanced	6:15	Jr. BB Club	6:15	6:15	Jr. Krav Advanced	6:15	6:15	Jr. BB Club	6:15	6:15
6:30		6:30	6:30	6:30	6:30	6:30	6:30	6:30	6:30	6:30	6:30
6:45		6:45	6:45	6:45	6:45	6:45	6:45	6:45	6:45	6:45	6:45
7:00		7:00	7:00	7:00	7:00	7:00	7:00	7:00	7:00	7:00	7:00
7:15	Jr. Krav Maga Black Belts	7:15	7:15	7:15	7:15	7:15	7:15	7:15	7:15	7:15	7:15
7:30		7:30	7:30	7:30	7:30	7:30	7:30	7:30	7:30	7:30	7:30
7:45		7:45	7:45	7:45	7:45	7:45	7:45	7:45	7:45	7:45	7:45
8:00		8:00	8:00	8:00	8:00	8:00	8:00	8:00	8:00	8:00	8:00
8:15		8:15	8:15	8:15	8:15	8:15	8:15	8:15	8:15	8:15	8:15
8:30		8:30	8:30	8:30	8:30	8:30	8:30	8:30	8:30	8:30	8:30
8:45		8:45	8:45	8:45	8:45	8:45	8:45	8:45	8:45	8:45	8:45
9:00		9:00	9:00	9:00	9:00	9:00	9:00	9:00	9:00	9:00	9:00

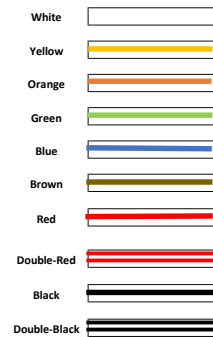
Little Warriors (3-5 years) (1/2 hour)

Junior Krav Maga (6-12 years) (45 min.- 1 hour)

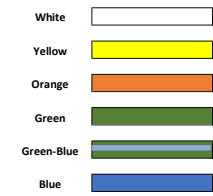
Krav Maga (13-Adult years) (1 hour)

Black Belt Classes (1+hour)

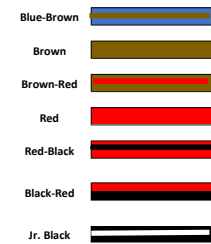
All Ranks



Beginner Classes (Rank)



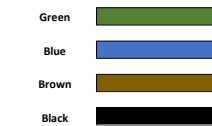
Advanced Classes (rank)



Beginner Classes (Rank)



Advanced Classes (Rank)



By Invitation



*Junior Black belt club receives an additional 15 minutes of training

SUMMARY OF CLASS DAYS AND TIMES

Open Arms Yoga	Mon at Noon; Wed/Fri at 09:00; Saturday at 07:45
Homeschool Jr Krav (5-12 years)	Wed/Thur at 11:00 AM
High Noon Krav (all adult ranks)	Tue/Thur at Noon
Little Warriors	Mon/Wed at 4:00 & 5:30 PM; Tue/Thur/Fri at 4:00 and 4:30 PM; Sat at 10:45 AM
Jr. Krav Maga (Beginners)	Mon/Wed at 4:30 & 5:15 PM; Wed/Thur at 11:00 AM (all ranks), 4:30 and 5:30 PM; Fri at 5:00 PM; All ranks Sat at 11:15 AM
Jr. Krav Maga (Advanced)	Tue/Thur at 11:00 AM (all ranks), Mon/Wed at 6:00 PM; Tue/Thur at 6:30 PM; Fri at 4:00 PM; All ranks Sat at 11:15 AM
Krav Maga (Foundations)	Tue/Thur at 12:00 PM (all ranks); Mon/Wed/Thur at 6:15 PM; Tue/Wed at 7:30 PM; All ranks Sat at 11:15 AM
Krav Maga (Advanced)	Mon/Wed at 7:30 PM; Tue at 6:15 PM
Krav Maga Cbt (all adult BB club ranks)	Tue at 7:30 PM
Cauldron Training (all Jr. and Adult Ranks)	Sat at 9:00 AM
Leadership Training (all Jr. & Adult BB Club Ranks)	Sat at 9:45 AM
Elite Training (all Adult BB Club Ranks)	Sat at 12:15 PM
Krav Maga Black Belt (By invitation)	Thur at 7:30 PM