

# AMERICAN DRENGR KRAV MAGA SCHEDULE Effective June 17th, 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	9:00		9:00	9:00		9:00	7:45		7:45
9:15		9:15	9:15		9:15	9:15		9:15	9:15		9:15	9:15		9:15	8:00		8:00
9:30		9:30	9:30		9:30	9:30		9:30	9:30		9:30	9:30		9:30	8:15		8:15
9:45		9:45	9:45		9:45	9:45		9:45	9:45		9:45	9:45		9:45	8:30		8:30
10:00		10:00	10:00		10:00	10:00		10:00	10:00		10:00	10:00		10:00	8:45		8:45
10:15		10:15	10:15		10:15	10:15		10:15	10:15		10:15	10:15		10:15	9:00		9:00
10:30		10:30	10:30		10:30	10:30		10:30	10:30		10:30	10:30		10:30	9:15		9:15
10:45		10:45	10:45		10:45	10:45		10:45	10:45		10:45	10:45		10:45	9:30		9:30
11:00		11:00	11:00		11:00	11:00		11:00	11:00		11:00	11:00		11:00	9:45		9:45
11:15		11:15	11:15		11:15	11:15		11:15	11:15	Jr. Krav All Ranks	11:15	11:15	Jr. Krav All Ranks	11:15	10:00		10:00
11:30		11:30	11:30		11:30	11:30		11:30	11:30		11:30	11:30		11:30	10:15		10:15
11:45		11:45	11:45		11:45	11:45		11:45	11:45	BB Club	11:45	11:45	BB Club	11:45	10:30		10:30
12:00		12:00	12:00		12:00	12:00		12:00	12:00		12:00	12:00		12:00	10:45		10:45
12:15		12:15	12:15	High Noon Krav All Ranks	12:15	12:15		12:15	12:15		12:15	12:15	High Noon Krav All Ranks	12:15	11:00		11:00
12:30		12:30	12:30		12:30	12:30		12:30	12:30		12:30	12:30		12:30	11:15		11:15
12:45		12:45	12:45		12:45	12:45		12:45	12:45		12:45	12:45		12:45	11:30	Jr. Krav All Ranks	Krav Maga All Ranks
															11:45		11:45
															12:00		12:00
															12:15		12:15
4:00		4:00	4:00		4:00	4:00		4:00	4:00		4:00	4:00		4:00	12:30		12:30
4:15	Little Warriors	4:15	4:15	Little Warriors	4:15	4:15	Little Warriors	4:15	4:15	Little Warriors	4:15	4:15	Little Warriors	4:15	12:45		12:45
4:30	Jr. Krav Beginner	4:30	4:30	Little Warriors	4:30	4:30	Jr. Krav Beginner	4:30	4:30	Jr. Krav Beginner	4:30	4:30	Little Warriors	4:30	1:00		1:00
4:45		4:45	4:45	Little Warriors	4:45	4:45	Little Warriors	4:45	4:45	Little Warriors	4:45	4:45	Little Warriors	4:45			
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	5:15	5:15		5:15	5:15	Jr. BB Club	5:15	5:15	Jr. BB Club	5:15	5:15	Jr. BB Club	5:15			
5:30	Jr. Krav Beginner	5:30	5:30		5:30	5:30	Jr. Krav Beginner	5:30	5:30	Jr. Krav Beginner	5:30	5:30	Jr. Krav Beginner	5:30			
5:45	Little Warriors	5:45	5:45		5:45	5:45	Little Warriors	5:45	5:45	Little Warriors	5:45	5:45	Little Warriors	5:45			
6:00	Jr. BB Club	6:00	6:00		6:00	6:00	Jr. BB Club	6:00	6:00	Jr. BB Club	6:00	6:00	Jr. BB Club	6:00			
6:15	Jr. Krav Advanced	6:15	6:15	Jr. BB Club	6:15	6:15	Jr. Krav Advanced	6:15	6:15	Jr. BB Club	6:15	6:15	Jr. Krav Advanced	6:15			
6:30		6:30	6:30	Krav Maga Foundations	6:30	6:30	Krav Maga Foundations	6:30	6:30	Krav Maga Foundations	6:30	6:30	Krav Maga Foundations	6:30			
6:45		6:45	6:45	Jr. Krav Advanced	6:45	6:45	Jr. Krav Advanced	6:45	6:45	Jr. Krav Advanced	6:45	6:45	Jr. Krav Advanced	6:45			
7:00		7:00	7:00		7:00	7:00		7:00	7:00		7:00	7:00		7:00			
7:15	Jr. Krav Black Belts	7:15	7:15		7:15	7:15		7:15	7:15		7:15	7:15		7:15			
7:30		7:30	7:30	Krav Maga Foundations	7:30	7:30	Krav Maga Foundations	7:30	7:30	Krav Maga Foundations	7:30	7:30	Krav Maga Foundations	7:30			
7:45		7:45	7:45	Krav Maga Foundations	7:45	7:45	Krav Maga Foundations	7:45	7:45	Krav Maga Foundations	7:45	7:45	Krav Maga Foundations	7:45			
8:00		8:00	8:00	Krav Maga Foundations	8:00	8:00	Krav Maga Foundations	8:00	8:00	Krav Maga Foundations	8:00	8:00	Krav Maga Foundations	8:00			
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			
8:45		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			

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 White Yellow Orange Green Blue Dbl-Blue Brown Dbl-Brown Red Dbl-Red Black Dbl-Black Blk-White	Beginner Classes (Rank) White Yellow Orange Green Green-Blue Blue	Advanced Classes (rank) Blue-Brown Brown Brown-Red Red Red-Black Black-Red Jr. Black	Beginner Classes (Rank) White Yellow Orange	Advanced Classes (Rank) Green Blue Brown Black	By Invitation Jr. Black Black

\* 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