



AMERICAN DRENGR KRAV MAGA SCHEDULE Effective September 13th, 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
9:15		9:15	9:15	9:15	9:15	9:15	9:15	9:15	9:15	9:15	8:00
9:30		9:30	9:30	9:30	9:30	9:30	9:30	9:30	9:30	9:30	8:15
9:45		9:45	9:45	9:45	9:45	9:45	9:45	9:45	9:45	9:45	8:30
10:00		10:00	10:00	10:00	10:00	10:00	10:00	10:00	10:00	10:00	8:45
10:15		10:15	10:15	10:15	10:15	10:15	10:15	10:15	10:15	10:15	9:00
10:30		10:30	10:30	10:30	10:30	10:30	10:30	10:30	10:30	10:30	9:15
10:45		10:45	10:45	10:45	10:45	10:45	10:45	10:45	10:45	10:45	9:30
11:00		11:00	11:00	11:00	11:00	11:00	11:00	11:00	11:00	11:00	9:45
11:15		11:15	11:15	11:15	11:15	Jr. Krav All Ranks	Jr. Krav All Ranks	11:15	11:15	11:15	10:00
11:30		11:30	11:30	11:30	11:30	11:30	11:30	11:30	11:30	11:30	10:15
11:45		11:45	11:45	11:45	11:45	BB Club	BB Club	11:45	11:45	11:45	10:30
12:00		12:00	12:00	12:00	12:00	12:00	12:00	12:00	12:00	12:00	10:45
12:15		12:15	12:15	12:15	12:15	12:15	12:15	12:15	12:15	12:15	11:00
12:30		12:30	12:30	12:30	12:30	12:30	12:30	12:30	12:30	12:30	11:15
12:45		12:45	12:45	12:45	12:45	12:45	12:45	12:45	12:45	12:45	11:30
										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
4:15	Little Warriors	4:15	4:15	4:15	4:15	4:15	4:15	4:15	4:15	4:15	12:45
4:30	Jr. Krav Beginner	4:30	4:30	4:30	4:30	4:30	4:30	4:30	4:30	4:30	1:00
4:45		4:45	4:45	4:45	4:45	4:45	4:45	4:45	4:45	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	Jr. Krav Beginner	5:15	5:15	5:15	5:15	5:15	5:15	5:15	5:15	
5:30		5:30	5:30	5:30	5:30	5:30	5:30	5:30	5:30	5:30	
5:45	Little Warriors	Jr. Krav Beginner	5:45	5:45	5:45	5:45	5:45	5:45	5:45	5:45	
6:00	Jr. BB Club	Jr. Krav Beginner	6:00	6:00	6:00	6:00	6:00	6:00	6:00	6:00	
6:15	Jr. Krav Advanced	Jr. BB Club	6:15	6:15	6:15	6:15	6:15	6:15	6:15	6:15	
6:30	Krav Maga Foundations	Krav Maga Foundations	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	
7:00	Jr. Krav Maga	Jr. Krav Advanced	7:00	7:00	7:00	7:00	7:00	7:00	7:00	7:00	
7:15	Black Belts	7:15	7:15	7:15	7:15	7:15	7:15	7:15	7:15	7:15	
7:30	Krav Maga Advanced	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	
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	
8:30		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	Beginner Classes (Rank)	Advanced Classes (rank)	Beginner Classes (Rank)	Advanced Classes (Rank)	By Invitation
White	White	Blue-Brown	White	Green	Jr. Black
Yellow	Yellow	Brown	Yellow	Blue	Black
Orange	Orange	Brown-Red	Orange	Brown	
Green	Green	Red		Black	
Blue	Green-Blue	Red-Black			
Dbt-Blue	Blue	Black-Red			
Brown		Jr. Black			
Dbt-Brown					
Red					
Dbt-Red					
Black					
Dbt-Black					
Blk-White					

*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