



AMERICAN DRENGR KRAV MAGA SCHEDULE Effective January 2d, 2025

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	9:00		
9:15		9:15	9:15		9:15	9:15		9:15	9:15		9:15	9:15		9:15	9:15		
9:30		9:30	9:30		9:30	9:30		9:30	9:30		9:30	9:30		9:30	9:30		
9:45		9:45	9:45		9:45	9:45		9:45	9:45		9:45	9:45		9:45	9:45		
10:00		10:00	10:00		10:00	10:00		10:00	10:00		10:00	10:00		10:00	10:00		
10:15		10:15	10:15		10:15	10:15		10:15	10:15		10:15	10:15		10:15	10:15		
10:30		10:30	10:30		10:30	10:30		10:30	10:30		10:30	10:30		10:30	10:30	Leadership Training	
10:45		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	Jr. Krav All Ranks		11:00	11:00	Jr. Krav All Ranks		11:00	11:00	9:45	Cauldron Training (HIIT)	
11:15		11:15	11:15		11:15	11:15			11:15	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	10:15		
11:45		11:45	11:45		11:45	11:45	BB Club		11:45	11:45	BB Club		11:45	11:45	10:30		
12:00		12:00	12:00		12:00	12:00			12:00	12:00			12:00	12:00	10:45	Little Warriors	
12:15		12:15	12:15	High Noon Krav All Ranks	12:15	12:15			12:15	12:15	High Noon Krav All Ranks		12:15	12:15	11:00	Jr. Elite Training	
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	11:30	Jr. Krav All Ranks	
															11:45	Krav Maga All Ranks	
															12:00		
															12:15		
4:00		4:00	4:00		4:00	4:00			4:00	4:00			4:00	4:00	12:30	Adult Elite Training	
4:15		4:15	4:15	Little Warriors	4:15	4:15	Little Warriors		4:15	4:15	Little Warriors		4:15	4:15	12:45		
4:30		4:30	4:30		4:30	4:30			4:30	4:30			4:30	4:30	1:00		
4:45	Jr. Krav Beginner	4:45	4:45	Little Warriors	Jr. Krav Beginner	4:45	4:45	Jr. Krav Beginner	4:45	4:45	Little Warriors	Jr. Krav Beginner	4:45	4:45			
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		Jr. BB Club	5:15	5:15	Jr. BB Club	5:15	5:15		Jr. BB Club	5:15	5:15			
5:30	Jr. Krav Beginner	5:30	5:30		Jr. Krav Beginner	5:30	5:30	Jr. Krav Beginner	5:30	5:30		Jr. Krav Beginner	5:30	5:30			
5:45	Little Warriors	5:45	5:45		Little Warriors	5:45	5:45	Little Warriors	5:45	5:45		Little Warriors	5:45	5:45			
6:00	Jr. BB Club	6:00	6:00		Jr. BB Club	6:00	6:00	Jr. BB Club	6:00	6:00		Jr. BB Club	6:00	6:00			
6:15	Jr. Krav Advanced	6:15	6:15	Jr. BB Club	Krav Maga Advanced	6:15	6:15	Jr. Krav Advanced	6:15	6:15	Jr. BB Club	Krav Maga Foundations	6:15	6:15			
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			
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			
7:30		7:30	7:30		7:30	7:30			7:30	7:30			7:30	7:30			
7:45	Krav Maga Advanced	7:45	7:45	Krav Maga Foundations	Krav Maga Combat (fight class)	7:45	7:45	Krav Maga Advanced	7:45	7:45	Krav Maga Black Belts	Krav Maga Black Belts	7:45	7:45			
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			
8:30		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			
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	
Purple	Purple	Half Brown-Red		Black	
Green	Purple-Green	Red			
Double-Green	Green	Red-Black			
Blue	Green-Blue	Half Red-Black			
Double-Blue	Blue	Half Red-Black			
Brown		Jr. Black-White			
Double-Brown		Jr. Black-Yellow			
Red					
Double-Red					
Half Red-White					
Black					
Dbi-Black					
Half Black-White					

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

SUMMARY OF CLASS DAYS AND TIMES

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
Leadership Training (all Jr. & Adult BB Club Ranks)	Sat at 9:00 AM
Cauldron Training (all Jr. and Adult Ranks)	Sat at 9:45 AM
Jr. Elite Training (all Jr. BB Club Ranks)	Sat at 10:45 PM
Elite Training (all Adult BB Club Ranks)	Sat at 12:15 PM
Jr. Krav Maga Black Belt (By invitation)	Mon at 7:00 PM
Krav Maga Black Belt (By invitation)	Thur at 7:30 PM