Effective October 6th, 2025

4:30	Monday				Tuesday				
4:30	ime	Mat 1	Mat 2	Time	Time	Mat 1	Mat 2	Time	
4:30 Jr. Krav Foundations Foundations 5:15 Jr. BB Club Jr. Krav Foundations 5:30 Little Warriors 6:00 Jr. Krav Advanced Advanced 7:00 Jr. Krav Maga Black Relts 7:30 Tr. Krav Maga Black Relts 6:30 Tr. Krav Maga Foundations 7:30 Tr. Krav Maga Black Relts 7:30 Tr. Krav Maga Advanced 7:30 Tr. Krav Maga Advanced 7:30 Tr. Krav Maga Black Relts									
4:30									
4:30									
A:30									
A:30									
4:30					12:00	_			
4:30						_			
Foundations						All Ranks			
Foundations									
Foundations									
Foundations 5:15									
Foundations Founda	4:30		Little	4:30	4:30	Little		4:30	
Foundations	1100	Jr. Krav			1150				
5:30 Little Warriors Foundations S:30 Jr. Krav Foundations S:30 Jr. Krav Warriors		Foundations	waitiois			waitiois	Foundations		
5:30 Little Warriors Foundations Foundatio	C-1C	Ir DD Club		5:15			Ir DD Club	5:15	
Warriors Foundations Fou			Jr. Krav	3.13	E.20				
6:00	2:20		Foundations		5:50	Jr. Krav		5:50	
Jr. Krav Advanced Krav Maga Foundations Foundations T:30 T		warriors				Foundations	warriors		
Advanced Krav Maga 6:30 Jr. Krav Maga Foundations Jr. Krav Maga Advanced Advanced Maga Black Relts 7:30 7:30 Krav Maga Krav Maga Black Relts 7:30 7:30 Krav Maga Relts 7:30 Krav Maga Relts 7:30 Krav Maga Relts 7:30 Krav Maga Relts 7:30 Krav Maga Advanced 7:30 Krav Maga Relts 7:30 Krav Maga Advanced 7:30 Krav Maga Relts 7:30 Krav Maga Advanced 7:30 Krav Maga Relts 7:30 Krav	6:00	,	Jr. BB Club						
7:00 Jr. Krav Maga Black Relts 7:30 7:30 7:30 7:30				6:15		Jr. BB Club		6:15	
7:00 Jr. Krav Advanced Advanced Belts 7:30 7:30 7:30		Advanced	_		6:30				
Jr. Krav Maga Black Relts 7:30 7:30 7:30			Foundations				Advanced		
Maga Black Reits 7:30 7:30	7:00	Ir Kray				Advanced			
Relts 7:30 7:30 7:30									
Bells Kray Maga				7:30	7:30			7:30	
		beits	Krav Maga			Krav Maga			
Advanced Foundations Combat			Advanced			Foundations			
Advanced Foundations (fight class)							(right class)		

		IVE O	, (0)	٠.
	Wedn	esday		
Time	Mat 1	Mat 2	Time	l
11:00				
	JR. Krav			
	All Ranks			
11:45	BB Club			İ
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				ŀ
4.20		Little	4.20	ŀ
4:30	Jr. Krav		4:30	ŀ
	Foundations	Warriors		ŀ
				ŀ
5:15	Jr. BB Club	Jr. Krav	5:15	ŀ
5:30	Little Warriors	Foundations		ŀ
6:00		Jr. BB Club	6:00	Ì
	Jr. Krav		6:15	Ī
	Advanced	Krav Maga		Ī
		Foundations		
7:30			7:30	
	Krav Maga	Krav Maga		L
	Advanced	Foundations		L
				L
		_		- 6

	Thur	sday			Frie		
Time	Mat 1	Mat 2	Time	Time	Mat 1	Mat 2	Time
11:00	JR. Krav						
	All Ranks						
	All Kanks						
11:45	BB Club						
12:00	High Noon						
	Krav Maga						
	All Ranks						
4.00	Post-		4.00	4.00	Post-		
4:30	Little	Jr. Krav	4:30	4:30	Little		
	Warriors	Foundations		F-00	Warriors		
		to DD Club	F-15	5:00	JR. Krav All		
F-20		Jr. BB Club	5:15 5:30		Ranks		
5:30	Jr. Krav	Little Warriors	5:30	E.45	Jr. BB Club		
	Foundations	warriors		6:00	Jr. DD Club		
6:15	Jr. BB Club		6:15	6:00			_
6:30	JI. DD CIUD	Krav Maga	0.13				
0.30	Jr. Krav	Foundations					_
	Advanced	Toundations					_
			7:30			and Special	
		Krav Maga			Eve	ents	
		Black Belts					

		rday	
Time	Mat 1	Mat 2	Tim
		Leadership	9:
		Training	
9:45	Cauldron		
	Training		
	(HIIT)		
10:45	Little	Jr. Elite	10:
	Warriors	Training	
11:15	JR. Krav All		11:
		Krav Maga	
	Ranks	All Ranks	
12:00	Jr. BB Club		
			12:
		Adult Elite	
		Training	



Leave us a review!

Monthly Events include:

Parents' Night Out Specialty Seminars Women's Self-Defense **Community Activities** Workshops **Rank Testing**







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(703) 853-1726



And can be found on our website or social media pages

