

WEEKLY SCHEDULE

Monday				Tuesday				Wednesday				Thursday				Friday				Saturday									
Time	Mat 1	Mat 2	Time	Time	Mat 1	Mat 2	Time	Time	Mat 1	Mat 2	Time	Time	Mat 1	Mat 2	Time	Time	Mat 1	Mat 2	Time	Time	Mat 1	Mat 2	Time						
												11:00	JR. Krav All Ranks														Leadership Training	9:00	
												11:45	BB Club																
				12:00	High Noon Krav Maga All Ranks							12:00	High Noon Krav Maga All Ranks													9:45	Cauldron Training (HIIT)		
4:30	Jr. Krav Foundations	Little Warriors	4:30	4:30	Little Warriors	Jr. Krav Foundations	4:30	4:30	Jr. Krav Foundations	Little Warriors	4:30	4:30	Little Warriors	Jr. Krav Foundations	4:30	4:30	Little Warriors												
5:15	Jr. BB Club	Jr. Krav Foundations	5:15		Jr. BB Club		5:15	5:15	Jr. BB Club	Jr. Krav Foundations	5:15	5:15	Jr. Krav Foundations	Jr. BB Club	5:15	5:00	Jr. Krav All Ranks												
5:30	Little Warriors	Jr. Krav Foundations		5:30	Jr. Krav Foundations	Little Warriors	5:30	5:30	Little Warriors	Jr. Krav Foundations		5:30	Jr. Krav Foundations	Little Warriors	5:30														
6:00	Jr. Krav Advanced	Jr. BB Club	6:00	6:15	Jr. BB Club		6:15	6:00	Jr. Krav Advanced	Jr. BB Club	6:00	6:15	Jr. BB Club		6:15	6:30	Jr. Krav Advanced	Krav Maga Foundations											
		Krav Maga Foundations																											
7:00	Jr. Krav Maga Black Belts				Jr. Krav Advanced	Krav Maga Advanced																							
		Krav Maga Advanced	7:30	7:30	Krav Maga Foundations	Krav Maga Combat (fight class)	7:30	7:30	Krav Maga Advanced	Krav Maga Foundations	7:30	7:30		Krav Maga Black Belts	7:30	Seminars and Special Events													





Leave us a review!

Monthly Events include:

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

ADKravMaga.com



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KRAV MAGA

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And can be found on our website or
social media pages