

		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
		West Room	East Room	West Room	East Room	West Room	East Room	West Room	East Room	West Room	East Room	West Room	East Room	West Room	East Room
AM CLASSES	9:15-9:30 AM											Open Gym	Combatives		
	9:30-10:30 AM														
	10:00-11:00 AM	Open Gym	Krav Maga Beginner	Open Gym		Open Gym	Krav Maga Beginner	Open Gym	Krav Maga Beginner	Krav Maga Intermediate	Krav Maga Beginner	Open Gym	Krav Maga Beginner		
	11:00-12:00 PM	Open Gym	Open Gym	Open Gym		Open Gym	Krav Maga Intermediate	Open Gym		Weapons					
PM CLASSES	12:00-1:00 PM	Carido-Bag (Self-Guided)	Carido-Bag (Self-Guided)	Carido-Bag (Self-Guided)	Carido-Bag (Self-Guided)	Carido-Bag (Self-Guided)	Carido-Bag (Self-Guided)	Carido-Bag (Self-Guided)	Carido-Bag (Self-Guided)	Carido-Bag (Self-Guided)	Carido-Bag (Self-Guided)				
	4:00-5:00PM	Kids K1	Combatives	Open Gym	Combatives	Kids K1	Combatives	Open Gym	Combatives	Kids All Levels	Combatives				
	4:30-5:30PM	Kids K2	Krav Maga Beginner	Open Gym	Krav Maga Beginner	Kids K2	Krav Maga Beginner	Open Gym	Krav Maga Beginner		Krav Maga Beginner				
	5:30-6:30 PM	Krav Maga Intermediate	Semi-Private	Combatives	Krav Maga Beginner	Krav Maga Intermediate	Semi-Private	Combatives	Krav Maga Beginner	Open Gym					
	6:00-6:30 PM			Weapons				Weapons							
	6:30-7:30 PM	Krav Maga Advanced	Krav Maga Beginner	Krav Maga Intermediate	Semi-Private	Krav Maga Advanced	Krav Maga Beginner	Semi-Private	Krav Maga Intermediate						

Krav Maga Spokane
116 E Augusta Ave Spokane, WA 99207
509-326-2166
www.kravmagaspokane.com

OpenGym:

Required: Gym clothes and shoes. 12 or 16oz Boxing Gloves or MMA-style gloves of your choice. Please clean any equipment that you used and end your workout 5mins prior from end time.

KravMaga:

Required for Beginner: Krav Maga Shirt and Bottoms. Groin protection and Mouth-guard optional.

Required for Intermediate: Krav Maga Shirt and Bottoms. 12oz(W)/16oz(M) Boxing Gloves, Shin Guards, Mouth Guard. Groin protection and Headgear optional. Must have passed yellow belt test

Required for Weapons: Krav Maga Shirt and Bottoms, Groin Protection, Mouth-guard. Must have passed yellow belt test

Intro to Fight:

Required: Attend 10 out of the 12 weeks for the program and have all the gear(Boxing gloves, headgear, shin guards, and mouth-guard), wearing Krav Maga shirts and bottoms. Gauntlet at the end, determines pass or fail