

Oakland	
Monday	
12:00 PM	Krav Maga P1
5:30 PM	Combat Cardio
6:30 PM	Krav Maga P1
	Grappling
7:30 PM	Krav Maga P2-P3
	Kettlebell

Oakland	
Tuesday	
12:00 PM	Krav Maga P3-P4
5:30 PM	Krav Maga P2
6:30 PM	Krav Maga P1
	Boxing
7:30 PM	Combat Cardio
	Full Combat C1

Oakland	
Wednesday	
12:00 PM	Combat Cardio
5:30 PM	Krav Maga P1
	Combat Cardio
6:30 PM	Krav Maga P2
	Grappling
7:30 PM	Krav Maga P3

Thursday	
12:00 PM	Krav Maga P2
5:30 PM	Krav Maga P2-P3
6:30 PM	Combat Cardio
7:30 PM	Krav Maga P1

Friday	
12:00 PM	Combat Cardio
5:30 PM	Krav Maga P2 Fight
6:30 PM	Krav Maga P1

Saturday	
11:00 AM	Krav Maga P1
12:00 PM	Combat Cardio
1:00 PM	TRX

Sunday	
11:00 AM	Krav Maga P1
12:00 PM	Combat Cardio
1:00 PM	SPEC



San Francisco	
Monday	
12:00 PM	Krav Maga P1
5:30 PM	Krav Maga P1
6:30 PM	Combat Cardio
7:30 PM	Krav Maga P1
	Krav Maga P2-P3

San Francisco	
Tuesday	
12:00 PM	Krav Maga P1-P2
5:30 PM	Krav Maga P4
6:30 PM	Krav Maga P1
	Kettlebell
7:30 PM	Combat Cardio
	Muay Thai

San Francisco	
Wednesday	
12:00 PM	KM Combatives
5:30 PM	Krav Maga P1
6:30 PM	Full Combat C1
7:30 PM	Krav Maga P1
	SPEC

Thursday	
12:00 PM	Krav Maga P1-P2
5:30 PM	Krav Maga P2-P3
6:30 PM	Krav Maga P1
	Kettlebell
7:30 PM	FAST
	Muay Thai

Friday	
12:00 PM	Combat Cardio
5:30 PM	Krav Maga P2
	Krav Maga P4-P5
6:30 PM	Boxing
	Krav Maga P1

Saturday	
11:00 AM	Combat Cardio
12:00 PM	Krav Maga P1

Sunday	
11:00 AM	Krav Maga P1
12:00 PM	Combat Cardio
1:00 PM	Krav Maga P2 Fight

Santa Clara	
Monday	
11:00 AM	Combat Cardio
12:00 PM	Krav Maga P1
5:30 PM	Krav Maga P1
	SPEC
6:30 PM	Krav Maga P2-P3
	Combat Cardio
7:30 PM	Krav Maga P1
	Boxing

Santa Clara	
Tuesday	
11:00 AM	Krav Maga P1
12:00 PM	Combat Cardio
5:30 PM	Krav Maga P2
	Combat Cardio
6:30 PM	Krav Maga P1
	SPEC
7:30 PM	Full Combat C1

Santa Clara	
Wednesday	
11:00 AM	Combat Cardio
12:00 PM	Krav Maga P2-P3
12:00 PM	SPEC
5:30 PM	Krav Maga P1
	Krav Maga P2
	SPEC
6:30 PM	Krav Maga P2
	Krav Maga P3
	Combat Cardio
7:30 PM	Krav Maga P1
	Boxing

Thursday	
11:00 AM	Krav Maga P1
12:00 PM	Combat Cardio
5:30 PM	Krav Maga P2
	Combat Cardio
6:30 PM	Krav Maga P1
	Combat Cardio
7:30 PM	Krav Maga P2
	Krav Maga P4

Friday	
11:00 AM	Combat Cardio
12:00 PM	Krav Maga P1
5:30 PM	Krav Maga P1
	SPEC
6:30 PM	Krav Maga P2
	Combat Cardio
7:30 PM	Krav Maga P3
	Full Combat C1

Saturday	
9:00 AM	SPEC
10:00 AM	Combat Cardio
11:00 AM	Krav Maga P1
12:00 PM	Krav Maga P2

