

Berkeley Krav Maga Class Schedule

1390 10th Street, Berkeley, CA 94710

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 AM						Kettle Bell 10:00 - 11:00	
11:00 AM						Introductory Krav P1 11:00 - 12:00	Introductory Combat Cardio 11:00 - 12:00
12:00 PM	Krav P1 12:00 - 1:00	Krav P2 12:00 - 1:00	Krav P1 12:00 - 1:00	Krav P2/P3 12:00 - 1:00	Krav P1 12:00 - 1:00	Krav P2 12:00 - 1:00	Introductory Krav P1 12:00 - 1:00
1:00 PM							Sport's Yoga 1:00 - 2:00
2:00 PM							
3:00 PM							
4:00 PM					Krav P3 4:00 - 5:00		
5:00 PM	Krav P2 5:00 - 6:00	Krav P1 5:00 - 6:00	Krav P2/P3 5:00 - 6:00	Krav P2/P3 5:00 - 6:00	Krav P2 5:00 - 6:00		
6:00 PM	Krav P1 6:00 - 7:00 Grappling 6:00 - 7:00	Cross Training 6:00 - 7:00 Krav P2/P3 6:00 - 7:00	Krav P1 6:00 - 7:00 Grappling 6:00 - 7:00	Combat Cardio 6:00 - 7:00 Krav P2/P3 6:00 - 7:00	Krav P1 6:00 - 7:00 Intermediate Grappling 6:00 - 7:00		
7:00 PM	Combat Cardio 7:00 - 8:00 Krav P2/P3 7:00 - 8:00	Krav P1 7:00 - 8:00 Women's Grappling 7:00 - 8:00	Kettle Bell 7:00 - 8:00 Krav P4/P5 7:00 - 8:00	Krav P1 7:00 - 8:00 Women's Grappling 7:00 - 8:00			
8:00 PM	Boxing 8:00 - 9:00 Intermediate Kettle Bell 7:00 - 8:00	Krav P2/P3 8:00 - 9:00 Sport's Yoga 8:00 - 9:00	Krav P1 8:00 - 9:00 Boxing 8:00 - 9:00	Fight 8:00 - 9:00 Intermediate Kettle Bell 7:00 - 8:00			

Walnut Creek Krav Maga Class Schedule

2071 Tice Valley Blvd, Walnut Creek, CA 94595 - Room #4

	Monday	Tuesday	Wednesday	Thursday
6:00 PM				
7:00 PM	Krav P1 6:30 - 7:30	Krav P1 6:30 - 7:30	Krav P1 6:30 - 7:30	Krav P1 6:30 - 7:30
8:00 PM				

Krav Maga Kids Class Schedule

Berkeley Location

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	KMK Age 10-13 5pm - 5:40pm	KMK Age 6-9 5pm - 5:40pm	KMK Age 10-13 5pm - 5:40pm			KMK Age 6-9 10:00am - 10:45am