

IMPACT KRAV MAGA CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	F
	CORE Krav Maga 5:00 - 6:00 PM	Open Mat 5:00 - 6:00 PM	CORE Krav Maga 5:00 - 6:00 PM	Open Mat 5:00 - 6:00 PM	I N H O U S E W O R K S H O P S
6:00 PM 6:30 PM	Full Contact Krav Maga	CORE Krav Maga 6:00 - 7:00 PM	Strike Lab	CORE Krav Maga 6:00 - 7:00 PM	
	Advanced Krav Maga 6:30 - 7:30 PM		ESSENTIALS of Krav Maga 6:30 - 7:30 PM		
7:00 PM 7:30 PM		Strike Lab			
		CORE Krav Maga 7:30 - 8:30 PM		CORE Krav Maga 7:30 - 8:30 PM	
8:30 PM 9:00 PM				Strike Lab	

	Saturday
10 - 11 AM	CORE Krav Maga
11 - 11:30 AM	Strike Lab
11:30 AM - 12:30 PM	Advanced Krav Maga



CORE Krav Maga For beginner and intermediate students.

ESSENTIALS of Krav Maga For beginner and intermediate students.

Strike Lab Open to all levels.

Full Contact Krav Maga Minimum requirement level 1 (P1) and above.

Advanced Krav Maga Minimum requirement level 3 (P3) and above and with Instructor approval.

In-house workshops offered once every three months on selected Fridays. Open to all active Impact students.