

IMPACT KRAV MAGA CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Fri	Saturday
← private classes →			11 am - 12:15 pm Specialty Course ***		11 - 11:45 am KRAV MAGA
5:30 - 6:15 pm KRAV MAGA	5:30 - 6:15 pm Specialty Course ***	5:30 - 6:15 pm KRAV MAGA	5:30 - 6:15 pm KRAV MAGA	private classes	11:45 a - 12:30 p Strike Lab
6:15 - 7:00 pm Strike Lab		6:15 - 7:00 pm Fight Lab *	6:15 - 7:00 pm Strike Lab		12:30 - 1:15 pm Advanced KM
		6:15 - 7:00 pm Sparring **	7:00 - 7:45 pm Specialty Course ***		1:30 - 2:30 pm TEENS KM
					3 - 5 pm Specialty Course ***

ADULT Program includes:

- > Krav Maga
- > Strike Lab
- > * Fight Lab by invitation of Instructor.
- > ** Sparring Min. requirement yellow belt AND by invitation of Instructor.
- > Advanced KM Min. requirement green belt AND by invitation of Instructor.
- > Specialty Courses when offered.

Open to all levels.

TEENS Krav Maga for 11 - 15 year olds.

*** SPECIALTY Courses offered multiple times a year:

- > **Protector Course** for male attendees 18 - 54 years old.
- > **Women Course** for female attendees 15 - 54 years old.
- > **KM55+ Course** for attendees 55 years old or older.



IMPACT KRAV MAGA CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Saturday
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← private classes →

5:30 - 6:15 pm	5:30 - 6:15 pm	5:30 - 6:15 pm	5:30 - 6:15 pm
KRAV MAGA	Protector Course ***	KRAV MAGA	KRAV MAGA
6:15 - 7:00 pm		6:15 - 7:00 pm	6:15 - 7:00 pm
Strike Lab		Fight Lab *	Strike Lab
		Sparring **	7:00 - 7:45 pm
			Protector Course ***

11 - 11:45 am
KRAV MAGA
11:45 a - 12:30 p
Strike Lab
12:30 - 1:15 pm
Advanced KM
1:30 - 2:30 pm
TEENS KM
3 - 5 pm
Women Course ***

Krav Maga
Strike Lab

Open to all levels

- * **Fight Lab** by invitation of Instructor.
- ** **Sparring** Min. requirement yellow belt AND by invitation of Instructor.
- Advanced KM** Min. requirement green belt AND by invitation of Instructor.
- TEENS Krav Maga** for 11 - 15 year olds
- *** **Protector Course** offered multiple times a year. FREE to all full time male adult students.
- *** **Women Course** offered multiple times a year . FREE to all full time female adult students.



IMPACT KRAV MAGA CLASS SCHEDULE

Monday

Tues

Wednesday

Thursday

Saturday

5:30 - 6:15 pm

KRAV MAGA

6:15 - 7:00 pm

Strike Lab

7:00 - 7:45 pm

KRAV MAGA

private classes

5:30 - 6:15 pm

KRAV MAGA

6:15 - 7:00 pm

Fight Lab *

Sparring **

5:30 - 6:15 pm

KRAV MAGA

6:15 - 7:00 pm

Strike Lab

11 - 11:45 am

KRAV MAGA

11:45 a - 12:30 p

Strike Lab

12:30 - 1:15 pm

Advanced KM

1:30 - 2:30 pm

TEENS KM

Krav Maga
Strike Lab

Open to all levels

** **Fight Lab** by invitation of Instructor.*

*** **Sparring** Min. requirement yellow belt AND by invitation of Instructor.*

***Advanced KM** Min. requirement green belt AND by invitation of Instructor.*

***TEENS Krav Maga** for 11 - 15 year olds*



IMPACT KRAV MAGA CLASS SCHEDULE

Monday	Tues	Wednesday	Thursday
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Saturday

5:30 - 6:15 pm
KRAV MAGA
6:15 - 7:00 pm
Strike Lab
7:00 - 7:45 pm
KRAV MAGA

private classes

5:30 - 6:15 pm	5:30 - 6:15 pm
KRAV MAGA	KRAV MAGA
6:15 - 7:00 pm	6:15 - 7:00 pm
Fight Lab *	Strike Lab

11 - 11:45 am
KRAV MAGA
11:45 a - 12:30 p
Strike Lab
12:30 - 1:15 pm
Advanced KM
1:30 - 2:30 pm
TEENS KM

Krav Maga
Strike Lab

Open to all levels

*** Fight Lab** Min. requirement yellow belt AND by invitation of Instructor.
Advanced KM Min. requirement green belt AND by invitation of Instructor.
TEENS Krav Maga for 11 - 15 year olds



IMPACT KRAV MAGA CLASS SCHEDULE

Monday **Tues** **Wednesday** **Thursday**

Saturday

5:30 - 6:15 pm
KRAV MAGA
6:15 - 7:00 pm
Strike Lab

private classes

5:30 - 6:15 pm	5:30 - 6:15 pm
KRAV MAGA	KRAV MAGA
6:15 - 7:00 pm	6:15 - 7:00 pm
Fight Lab *	Strike Lab

11 - 11:45 am
KRAV MAGA
11:45 a - 12:30 p
Strike Lab
12:30 - 1:15 pm
Advanced KM
1:30 - 2:30 pm
TEENS KM

Krav Maga
Strike Lab

Open to all levels

* **Fight Lab** Min. requirement yellow belt AND by invitation of Instructor.
Advanced KM Min. requirement green belt AND by invitation of Instructor.
TEENS Krav Maga for 11 - 15 year olds



IMPACT KRAV MAGA CLASS SCHEDULE

Monday

Tues

Wednesday

Thursday

Saturday

5:30 - 6:15 pm

KRAV MAGA

indoors

6:15 - 7:00 pm

Strike Lab

indoors

private classes

5:30 - 6:15 pm

KRAV MAGA

indoors

6:15 - 7:00 pm

Fight Lab *

indoors

5:30 - 6:15 pm

KRAV MAGA

outdoors

6:15 - 7:00 pm

Strike Lab

outdoors

11 - 11:45 am

KRAV MAGA

outdoors

11:45 a - 12:30 p

Strike Lab

outdoors

12:30 - 1:15 pm

Advanced KM

outdoors

1:30 - 2:30 pm

TEENS KM

outdoors

Krav Maga
Strike Lab

Open to all levels

** Fight Lab Min. requirement yellow belt AND by invitation of Instructor.*

Advanced KM Min. requirement green belt AND by invitation of Instructor.

TEENS Krav Maga for 11 - 15 year olds



IMPACT KRAV MAGA CLASS SCHEDULE

Monday

Tuesday

Wed

Thursday

Saturday

5:30 - 6:15 pm

KRAV MAGA

indoors

6:15 - 7:00 pm

Strike Lab

indoors

5:30 - 6:15 pm

KRAV MAGA

outdoors

6:15 - 7:00 pm

Fight Lab *

outdoors

private classes

5:30 - 6:15 pm

KRAV MAGA

outdoors

6:15 - 7:00 pm

Strike Lab

outdoors

11 - 11:45 am

KRAV MAGA

outdoors

11:45 a - 12:30 p

Strike Lab

outdoors

12:30 - 1:15 pm

Advanced KM

outdoors

1:30 - 2:30 pm

TEENS KM

outdoors

Krav Maga
Strike Lab

Open to all levels

* **Fight Lab** Min. requirement yellow belt OR by invitation of Instructor.

Advanced KM Min. requirement green belt AND by invitation of Instructor.

TEENS Krav Maga for 11 - 15 year olds



IMPACT KRAV MAGA CLASS SCHEDULE

Monday

Tuesday

Wed

Thursday

Saturday

5:30 - 6:15 pm

KRAV MAGA
indoors

6:15 - 7:00 pm

Strike Lab
indoors

5:30 - 6:15 pm

Strike Lab
outdoors

6:15 - 7:00 pm

Fight Lab *
outdoors

private classes

5:30 - 6:15 pm

KRAV MAGA
outdoors

6:15 - 7:00 pm

Strike Lab
outdoors

11 - 11:45 am

KRAV MAGA
outdoors

11:45 a - 12:30 p

Strike Lab
outdoors

12:30 - 1:15 pm

Advanced KM
outdoors

1:30 - 2:30 pm

TEENS KM
outdoors

Krav Maga
Strike Lab

Open to all levels

* **Fight Lab** Min. requirement yellow belt OR by invitation of Instructor.

Advanced KM Min. requirement green belt AND by invitation of Instructor.

TEENS Krav Maga for 11 - 15 year olds



IMPACT KRAV MAGA CLASS SCHEDULE

Monday	Tuesday	Wed	Thursday	Saturday
5:30 - 6:15 pm KRAV MAGA indoors	5:30 - 6:15 pm Strike Lab outdoors	private classes	5:30 - 6:15 pm KRAV MAGA outdoors	11 - 11:45 am KRAV MAGA outdoors
6:30 - 7:15 pm Strike Lab indoors	6:15 - 7:00 pm Fight Lab outdoors		6:15 - 7:00 pm Strike Lab outdoors	11:45 a - 12:30 p Strike Lab outdoors
				12:30 - 1:15 pm Advanced KM outdoors
				1:30 - 2:30 pm TEENS KM outdoors

Krav Maga
Strike Lab

Open to all levels



Fight Lab Min. requirement yellow belt OR by invitation of Instructor.

Advanced KM Min. requirement green belt AND by invitation of Instructor.

TEENS Krav Maga for 11 - 15 year olds



IMPACT KRAV MAGA CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday
5:30 - 6:15 pm KRAV MAGA indoors	5:30 - 6:15 pm Strike Lab outdoors	5:30 - 6:15 pm Strike Lab zoom only 	5:30 - 6:15 pm KRAV MAGA outdoors
6:30 - 7:15 pm KRAV MAGA indoors	6:15 - 7:00 pm Fight Lab outdoors	6:30 - 7:15 pm Krav Maga zoom only 	6:15 - 7:00 pm Strike Lab outdoors

Saturday
9:30 - 10:15 am Krav Maga zoom only 
11 - 11:45 am KRAV MAGA outdoors
11:45 a - 12:30 p Strike Lab outdoors
12:30 - 1:15 pm Advanced KM outdoors
1:30 - 2:30 pm TEENS KM outdoors

 LIVE streamed only

Krav Maga
Strike Lab

Open to all levels

Fight Lab Min. requirement yellow belt OR by invitation of Instructor.





Advanced KM Min. requirement green belt AND by invitation of Instructor.

TEENS Krav Maga for 11 - 15 year olds



IMPACT KRAV MAGA CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday
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5:30 - 6:15 pm KRAV MAGA zoom only 	5:30 - 6:15 pm Krav Maga outdoors	5:30 - 6:15 pm STRIKE LAB zoom only 	5:30 - 6:15 pm Krav Maga outdoors
6:30 - 7:15 pm STRIKE LAB zoom only 	6:15 - 7:00 pm Strike Lab outdoors	6:30 - 7:15 pm KRAV MAGA zoom only 	6:15 - 7:00 pm Strike Lab outdoors

Saturday

9:30 - 10:15 am KRAV MAGA zoom only 
11 - 11:45 am Krav Maga outdoors
11:45 a - 12:30 p Strike Lab outdoors
12:30 - 1:15 pm Advanced KM outdoors
1:30 - 2:30 pm TEENS KM outdoors

 LIVE streamed only

Krav Maga
Strike Lab

Open to all levels

Advanced KM Min. requirement green belt AND by invitation of Instructor.
TEENS Krav Maga for 11 - 15 year olds



IMPACT KRAV MAGA CLASS SCHEDULE

Monday

Tuesday

Wednesday

Thursday

Saturday

9:30 - 10:15 am

KRAV MAGA

zoom only 

5:30 - 6:15 pm

KRAV MAGA

zoom only 

5:30 - 6:15 pm

Krav Maga

outdoors

5:30 - 6:15 pm

STRIKE LAB

zoom only 

5:30 - 6:15 pm

Krav Maga

outdoors

6:15 - 7:00 pm

Strike Lab

outdoors

6:30 - 7:15 pm

KRAV MAGA

zoom only 

6:15 - 7:00 pm

Strike Lab

outdoors

6:30 - 7:15 pm

STRIKE LAB

zoom only 

11 - 11:45 am

Krav Maga

outdoors

11:45 am - 12:30 pm

Strike Lab

outdoors

12:30 - 1:15 pm

Advanced KM

outdoors

3 - 4 pm

TEENS KM

outdoors

 LIVE streamed only

Krav Maga
Strike Lab





Open to all levels


Advanced KM Min. requirement green belt AND by invitation of Instructor.

TEENS Krav Maga for 11 - 15 year olds



IMPACT KRAV MAGA CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday
5:30 - 6:15 pm KRAV MAGA zoom only 	5:30 - 6:15 pm Krav Maga outdoors	5:30 - 6:15 pm STRIKE LAB zoom only 	5:30 - 6:15 pm Strike Lab outdoors
6:30 - 7:15 pm STRIKE LAB zoom only 	6:30 - 7:15 pm Strike Lab outdoors	6:30 - 7:15 pm KRAV MAGA zoom only 	6:30 - 7:15 pm Krav Maga outdoors

Saturday
9:30 - 10:15 am KRAV MAGA zoom only 
11 - 11:45 am Krav Maga outdoors
12 - 12:45 pm Strike Lab outdoors
12:45 - 1:30 pm Advanced KM outdoors
3 - 4 pm TEENS KM outdoors

 LIVE streamed only








Krav Maga
Strike Lab



Open to all levels

Advanced KM Min. requirement green belt AND by invitation of Instructor.
TEENS Krav Maga for 11 - 15 year olds



IMPACT KRAV MAGA CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday
5:30 - 6:15 pm Krav Maga Mastery 	5:30 - 6:15 pm Krav Maga	5:30 - 6:15 pm Strike Lab 	5:30 - 6:15 pm Krav Maga Mastery 
6:30 - 7:15 pm Strike Lab 	6:30 - 7:15 pm Strike Lab 	6:30 - 7:15 pm Krav Maga	6:30 - 7:15 pm Krav Maga
7:30 - 8:15 pm Krav Maga	7:30 - 8:15 pm Krav Maga Mastery 	7:30 - 8:15 pm Advanced Krav Maga	7:30 - 8:15 pm Strike Lab 

Saturday
9:30 am - 10:15 am Krav Maga Mastery 
10:30 - 11:15 am Krav Maga
11:30 am - 12:15 pm Strike Lab 
12:30 pm - 1:15 pm Advanced Krav Maga
1:45 - 2:30 pm KIDS Krav Maga
3 - 4 pm TEENS Krav Maga

 LIVE streamed & in school class

Krav Maga
 Krav Maga Mastery
 Strike Lab

Open to all levels

Advanced Krav Maga Min. requirement green belt AND by invitation of Instructor.

KIDS Krav Maga for 6 - 10 year olds

TEENS Krav Maga for 11 - 15 year olds



IMPACT KRAV MAGA CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday
5 - 5:45 pm		5 - 5:45 pm	
KIDS Krav Maga		KIDS Krav Maga	
	5:30 - 6:30 pm		5:30 - 6:30 pm
	ALL Levels Krav Maga		Fighting Fundamentals
6 - 6:30 pm		6 - 6:30 pm	
Strike Lab		Strike Lab	
6:30 - 7:30 pm	6:30 - 7 pm	6:30 - 7:30 pm	6:30 - 7 pm
ALL Levels Krav Maga	Strike Lab	Fighting Fundamentals	Sparring
	7 - 8 pm		7 - 8 pm
	Fighting Fundamentals		ALL Levels Krav Maga
7:30 - 8 PM		7:30 - 8:30 pm	
Sparring		Advanced Krav Maga	

Saturday
10 - 11 am
ALL Levels Krav Maga
11 - 11:30 am
Strike Lab
11:30 am- 12:30 pm
Advanced Krav Maga
1 - 1:45 pm
KIDS Krav Maga
2 - 3 pm
TEENS Krav Maga

KIDS Krav Maga for 6 - 10 year olds

TEENS Krav Maga for 11 - 15 year olds

All Levels Krav Maga

Fighting Fundamentals

Strike Lab

Open to all levels

Sparring *Minimum requirement yellow belt AND by invitation of Instructor.*

Advanced Krav Maga *Minimum requirement green belt AND by invitation of Instructor.*



IMPACT KRAV MAGA CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday
5 - 5:45 pm	5 - 5:45 pm	5 - 5:45 pm	5 - 5:45 pm
KIDS Krav Maga	KIDS Krav Maga	KIDS Krav Maga	KIDS Krav Maga
6 - 6:30 pm	6 - 7 pm	6 - 6:30 pm	6 - 7 pm
Strike Lab	Fighting Fundamentals	Strike Lab	ALL Levels Krav Maga
6:30 - 7:30 pm		6:30 - 7:30 pm	
ALL Levels Krav Maga	7 - 7:30 pm	Fighting Fundamentals	7 - 7:30 pm
	Strike Lab		Sparring
7:30 - 8 PM	7:30 - 8:30 pm	7:30 - 8:30 pm	7:30 - 8:30 pm
Sparring	Specialty Class	Advanced Krav Maga	Specialty Class

Saturday
10 - 11 am
ALL Levels Krav Maga
11 - 11:30 am
Strike Lab
11:30 am- 12:30 pm
Advanced Krav Maga
1 - 1:45 pm
KIDS Krav Maga
2 - 3 pm
TEENS Krav Maga

KIDS Krav Maga for 6 - 10 year olds

TEENS Krav Maga for 11 - 15 year olds

All Levels Krav Maga

Fighting Fundamentals

Strike Lab

Specialty Class

Open to all levels

Sparring *Minimum requirement yellow belt AND by invitation of Instructor.*

Advanced Krav Maga *Minimum requirement green belt AND by invitation of Instructor.*



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.

