CENTRAL PENN KRAV MAGA CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15A - 7:00A FIT-ROM (Zoom Only)		6:15A - 7:00A FIT-ROM (Zoom Only)		6:15A - 7:00A FIT-ROM (Zoom Only)	8:15A - 9:00A FIT-ROM
	10:00A - 10:30A KRAV MIX		10:00A - 10:30A KRAV MIX		9:05A - 9:40A KRAV MIX
	10:30A - 11:00A BAG BLAST		10:30A - 11:00A SPAR MIX	Women Empowered held one Friday each month. Ages 13+	9:45A - 10:15A SPAR MIX
	5:00P - 5:25P BRAVE (7-12 yrs)		5:00P - 5:25P BRAVE (7-12 yrs)		
5:25P - 6:05P FIT-ROM	5:30P - 6:00P BAG BLAST	5:25P - 6:05P FIT-ROM	5:30P - 6:00P BAG BLAST		
6:10P - 6:40P STRIKE	6:10P - 6:40P SPAR	6:10P - 6:40P KRAV	6:10P - 6:40P *GRAPPLE*		
6:45P - 7:15P KRAV	6:45P - 7:15P *GRAPPLE*	6:45P - 7:15P *ARMED*	6:45P - 7:15P KRAV		
7:20 - 7:50P *ARMED*		7:20P - 7:50P STRIKE			

NO Outdoor worn shoes permitted on the mats.	Face Covering (Nose & Mouth) REQUIRED.
You MUST RSVP to attend classes in person.	NO admittance 10 mins after class start.
Change your shirt when attending multiple classes.	A mat is REQUIRED for FIT-ROM classes.
IF YOU DON'T FEEL WELL PLEASE STAY HOME.	Approved gloves & shinguards REQUIRED for SPAR.

ALL classes are live on Zoom. *CLASS* = partner recommended. Other classes can be done w/bag or in air.