

## KMCH CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Level 1</b>	6:00pm - 7:00pm	7:00pm - 8:00pm	6:00pm - 7:00pm	6:00pm - 7:00pm		
<b>Level 1 / Level 2</b>						10:30am - 11:30am
<b>Level 2</b>		6:00pm - 7:00pm		7:00pm - 8:00pm		
<b>Advance KM</b>						11:30am - 12:30pm
<b>Skills Enhancement</b> Workshop format! Perfect class to work on & improve technique for all levels						
<b>Heavy Bag</b> Required Gear: 16oz gloves		8:00pm - 9:00pm				
<b>Thai Pads</b> Required Gear: 16oz gloves				8:00pm - 9:00pm		
<b>Krav Fit</b>	7:00pm - 8:00pm					
<b>Striking Fundamentals</b> Required Gear: 16oz gloves, shin guards, mouth guard, groin protection			7:00pm - 8:00pm			
<b>Open Mat</b>	5:00pm - 6:00pm	5:00pm - 6:00pm		5:00pm - 6:00pm		