

Krav Maga New York

245 / 247 Rt. 100 • Somers , NY 10589
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Monday

9:30 am	Yoga	Vinyasa (1 st fl.)	Fitness Program
5:30 pm	Martial Fitness	Chris	Fitness Program
6:30 pm	Krav Maga Beginner (White Belt)	Tiana	Krav Maga
6:30 pm	Krav Maga Novice & Intermediate (Yellow Belt, Orange & Green Belt)	Chris	Krav Maga

Tuesday

9:30 am	Boot Camp	Trish	Fitness Program
5:00 pm	km X, All Belt Levels	Chris, Marc, Tiana, Micaela	Youth Training
6:30 pm	Krav Maga Novice & Intermediate (Yellow Belt, Orange & Green Belt)	Marc, Chris	Krav Maga
7:30 pm	Krav Maga Advanced (Blue, Brown & Black Belt Prep)	Marc, Chris	Krav Maga

Wednesday

9:30 am	Kick Boxing	Laura (1 st fl.)	Fitness Program
5:00 pm	km X, All Belt Levels	Paul, Marc, Tiana, Micaela	Youth Training
6:00 pm	Martial Fitness	Chris	Krav Maga
7:15 pm	Krav Maga Segments, All Levels (See Newsletter for Training Details)	Chris	Krav Maga

Thursday

9:30 am	Boot Camp	Trish	Fitness Program
5:00 pm	km X, All Belt Levels	Davide, Paul, Micaela	Youth Training
5:30 pm	Martial Fitness	Chris	Fitness Program
6:30 pm	Krav Maga Beginner (White Belt)	David M.	Krav Maga
6:30 pm	Krav Maga Advanced (Blue, Brown & Black Belt Prep)	Davide or Chris	Krav Maga
7:30 pm	Krav Maga Novice & Intermediate (Yellow Belt, Orange & Green Belt)	Chris, David M.	Krav Maga

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Friday

6:00 pm	Krav Maga Beginner (White Belt)	Erin	Krav Maga
7:00 pm	Krav Maga Themes, All Levels (See Newsletter for Training Details)	Davide	Krav Maga

Saturday

8:30 am	Kick Boxing (Coming Soon)	Coming Soon	Fitness Program
9:30 am	Krav Maga, All Belt Levels	Davide, Chris, Paul	Krav Maga
11:00 am	km X, All Belt Levels	Davide, Paul, Tiana, Micaela	Youth Training

Sunday

9:00 am	Boot Camp	Trish	Fitness Program
9:00 am	Krav Maga Force Training	Davide, Ruben	Force Training
10:00 am	Krav Maga Segments, All Levels (See Newsletter for Training Details)	Davide	Krav Maga