



**FORTITUDE**  
K R A V M A G A

111 E. Wisconsin Ave. #201 • Neenah, WI 54956  
Tel (920) 315-6869 • Email: [info@fortitudekravmaga.com](mailto:info@fortitudekravmaga.com)  
[www.fortitudekravmaga.com](http://www.fortitudekravmaga.com)

Last Revised  
March 20th, 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am	Rm1: KM ALL - AS		Rm1: KM ALL - AS				
7:00 am							
8:00 am							
9:00 am	Rm1: FIGHT - RC		Rm2 KM Bag - AS		Rm2 KM Bag - RC		RESERVED FOR SEMINARS AND BELT TESTING
10:00 am	Rm1: KM 1 - JG		Rm1: KM 1 - AS		Rm1: KM 1 - CM	Rm1: Str & Con- SC	
	Rm1: KM 2/3 - RC		Rm1: KM 2/3 - RC		Rm1: KM 2/3 - RC	Rm2: OPEN	
11:00 am			Rm1: OPEN		Rm1: Yoga - TKA	RM1: BJJ - SC	
			RM2: BJJ - JE		RM2: BJJ - JE	Rm2: OPEN	
12:00 pm						Rm1: Kids BJJ - SC	
4:45 pm		Rm1: Kids BJJ - JE		Rm1: Kids BJJ - JE			
5:00 pm	Rm1: Yoga - Victoria						
6:00 pm	Rm1: KM 2/3 - CM	Rm1: KM 1 - DR	Rm1: KM 2/3 - SC	Rm1: KM 1 - JG	Rm1: OPEN	RESERVED FOR SEMINARS AND BELT TESTING	
	Rm2 KM Bag - DR	Rm2: Str & Con- JG	Rm2 KM Bag - CM	Rm2: Str & Con- SC	Rm2: KM Bag - AS		
7:00 pm	Rm1: KM 1 - AS	Rm1: KM 2/3 - DR	Rm1: KM 1 - JG	Rm1: KM 2/3 - SC			
	Rm2: KM 4/5/6 - JE	RM2: BJJ - JE	Rm2: KM 4/5/6 - JE	RM2: BJJ - JE			
8:00 pm	Rm1: Inst. Train - JE	RM2: BJJ OPEN MAT	Rm1: Yoga - TKA	Rm1: FIGHT - SC			
	Rm2: OPEN		RM2: Weapons				

**Classes Options**

KM Level 1	KM 2/3	KM Level 4/5/6	KM Bag	Inst. Training
KIDS BJJ	Str & Con	Yoga	BJJ	Fight / Weapons

**Fortitude Krav Maga Instructors**

CM - Chris Mjaanes	DR - Dean Rieckmann	JE - Joel Ellenbecker	RC - Ryan Coy	SC - Smit Chauhan
AS - Anna Schnaderbeck	JG - James Ganje	TKA - Tammy	VG - Victoria Guns	LS - Lori Smasal





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#### KRAV MAGA SELF DEFENSE CLASSES

<b>KM LEVEL 1</b>	Entry level class for all new students.
<b>KM LEVEL 2/3</b>	Yellow/Orange Belt students working towards Orange/Green Belt.
<b>KM LEVEL 4/5/6</b>	Green/Blue/Brown belt students working towards Blue/Brown/Black Belt.
<b>OPEN</b>	Floor is available for private lessons or self-guided workout/practice. (No Sparring)

#### FIGHTING CLASSES

<b>INTRO FIGHT</b>	Krav Maga street fighting - for beginning level students with little or no fighting experience
<b>FIGHT</b>	Krav Maga street fighting - for those who completed the INTRO FIGHT class.
<b>INTRO BJJ (No Gi)</b>	An intro to Brazilian Jiu-Jitsu ground fighting.
<b>BJJ</b>	Multi-level Brazilian Jiu-Jitsu ground fighting. (Gi required)
<b>BJJ Open Mat</b>	Open floor time to practice drills, techniques or free rolling.

#### FITNESS CLASSES

<b>KM Bag</b>	Get an incredible workout while practicing Krav Maga striking techniques on a heavy bag.
<b>Strength &amp; Conditioning</b>	Develop increased lean muscle mass and take your endurance/cardio to the next level!
<b>Yoga</b>	Improve your balance, flexibility, strength and mindfulness

#### KIDS CLASSES

<b>Kids BJJ 6-13</b>	Brazilian Jiu-Jitsu for kids ages 6-13.
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#### NOTES

1. Members enrolled in the self defense classes may attend their class level and any level below, as often as they choose. (i.e. level 3 member may take level 1, level 2 and level 3 classes)
2. Adult classes are approximately 1 hour -- unless otherwise noted.  
Kids classes are either 30 or 45 minutes long. (BJJ Open Mat is 30 minutes)
3. Class sizes are limited - please arrive 5-10 minutes early for check-in.
4. **MANDATORY** Dress code in Krav Maga classes: Fortitude Krav Maga top. Fortitude Gi required for BJJ classes.
5. Showers are available for your convenience - please bring your own towels.
6. Boxing gloves or bag gloves are required for Bag classes.
7. Fighting gear including: headgear, mouthpiece, groin protector, shin guards, and 16oz boxing gloves are required for fight classes.
8. Yoga classes can be attended by non-members for a drop in fee of \$10 per class.