



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
www.fortitudekravmaga.com

Last Revised
June 9th, 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 - AS		Rm1: KM 1 - AS		Rm1: KM 1 - CM	Rm1: Str & Con- AS	
	Rm1: KM 2/3 - RC		Rm1: KM 2/3 - RC		Rm1: KM 2/3 - RC	Rm2: OPEN	
11:00 am			Rm1: OPEN		Rm1: Yoga	RM1: BJJ - MG	
			RM2: BJJ - JE		RM2: BJJ - JE	Rm2: OPEN	
12:00 pm						Rm1: Kids BJJ	
12:30 pm	Rm2: Str & Con- SC		Rm2: Str & Con- SC		Rm2: Str & Con- SC		
4:45 pm		Rm1: Kids BJJ		Rm1: Kids BJJ			
5:00 pm	Rm1: Yoga - Victoria						
5:15 pm		Rm1: Adv Kids BJJ		Rm1: Adv Kids BJJ			
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 - JG	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	MG - Mason Grode





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KRAV MAGA SELF DEFENSE CLASSES

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

FIGHTING CLASSES

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

FITNESS CLASSES

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

KIDS CLASSES

Kids BJJ 6-13	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.