

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am	Rm1: KM ALL - AS		Rm1: KM ALL - AS				RESERVED FOR SEMINARS AND BELT TESTING
9:00 am					Rm1: Yoga - TE		
9:00 am	Rm1: Muay Thai - RC		Rm2 KM Bag - AS		Rm2 KM Bag - RC	Rm2 KM Bag - AS	
9:30 am						RM1: BJJ - MG	
10:00 am	Rm1: KM 1 - AS		Rm1: KM 1 - AS		Rm1: KM 1 - CM		
	Rm1: KM 2/3 - RC		Rm1: KM 2/3 - RC		Rm1: KM 2/3 - RC	Rm2: Str & Con- AS	
10:30 am						Rm1: Kids BJJ - MG	
11:00 am			RM2: BJJ - JE		RM2: BJJ - JE	RM2: KM ALL - AS	
12:00 pm			RM2: BJJ OPEN MAT		RM2: BJJ OPEN MAT		
12:30 pm	Rm2: Str & Con- SC		Rm2: Str & Con- SC		Rm2: Str & Con- SC		
4:30 pm		Rm1: Kids Intro - JE		Rm1: Kids Intro - SC			
4:45 pm		Rm1: Kids BJJ - SC		Rm1: Kids BJJ - JE			
5:00 pm							
5:15 pm		Rm1: Adv Kids BJJ	Rm1: Muay Thai - SC	Rm1: Adv Kids BJJ			
6:00 pm	Rm1: KM 2/3 - CM	Rm1: Str & Con- JG	Rm1: KM 2/3 - SC	Rm1: KM 1 - JE	Rm1: OPEN	RESERVED FOR SEMINARS AND BELT TESTING	
	Rm2 KM Bag - DR	Rm2: KM 1 - DR	Rm2 KM Bag - CM	Rm2: Str & Con- SC	Rm2: KM Bag - JG		
7:00 pm	Rm1: KM 1 - JG	Rm1: KM 2/3 - DR	Rm1: KM 1 - JG	Rm1: KM 2/3 - SC	Rm1: Muay Thai - JG		
	Rm2: KM 4/5/6 - JE	RM2: BJJ - JE	Rm2: KM 4/5/6 - JE	RM2: BJJ - JE	Rm2: OPEN		
8:00 pm	Rm1: Inst. Train - JE	RM2: BJJ OPEN MAT	RM2: Weapons	RM2: BJJ OPEN MAT			

Classes Options

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

Fortitude Krav Maga Instructors

AS - Anna Schnaderbeck	CM - Chris Mjaanes	DR - Dean Rieckmann	JE - Joel Ellenbecker	JG - James Ganje	MG - Mason Grode
SC - Smit Chauhan	RC - Ryan Coy	TE - Tamrah Ellenbecker	TVB - Tiffany Van Boxtel	DH - Destiny Hicks	



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.
KM ALL	Self Defense class for all ranks of Krav Maga
OPEN	Floor is available for private lessons or self-guided workout/practice. (No Sparring)

FIGHTING CLASSES

Muay Thai	The strategy and sport of the fighting arts.
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 Intro	Introductory lesson to our Kids Brazilian Jiu Jitsu Program.
Kids BJJ 6-14	Fundamentals of Brazilian Jiu-Jitsu for kids ages 6-14.
Advanced Kids BJJ	Advanced techniques, concepts and sparring for KIDS BJJ program.

NOTES

- 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)
- Adult classes are approximately 1 hour -- unless otherwise noted.
Kids classes are either 30 or 45 minutes long. (BJJ Open Mat is 30 minutes)
- Class sizes are limited - please arrive 5-10 minutes early for check-in. Reserve at least one hour in advance on Wodify.
- MANDATORY** Dress code in Krav Maga classes: Fortitude Krav Maga top. Fortitude Gi required for BJJ classes.
- Showers are available for your convenience - please bring your own towels.
- Boxing gloves or bag gloves are required for Bag classes.
- Fighting gear including: headgear, mouthpiece, groin protector, shin guards, and 16oz boxing gloves are required for Muay Thai classes.
- Yoga classes can be attended by non-members for a drop-in fee of \$10 per class.

