



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

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Effective:  
May 8th, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am		KM All Levels		KM All Levels			
9:00 am	Muay Thai	Str & Con	KM Bag	Str & Con	KM Bag	KM Bag	KM Bag
10:00 am	KM All Levels	KM Level 3+	KM All Levels	KM Level 3+	KM All Levels		KM All Levels
10:30 am						Brazilian Jiu-Jitsu	RESERVED FOR SEMINARS AND BELT TESTING
11:00 am		Instructor Training Brazilian Jiu-Jitsu	Brazilian Jiu-Jitsu	Instructor Training Krav Maga	Brazilian Jiu-Jitsu		
12:00 pm			BJJ Open Mat		BJJ Open Mat	Private Lessons by appointment	
12:15 pm	Str & Conditioning		Str & Conditioning		Str & Conditioning	RESERVED FOR SEMINARS AND BELT TESTING	
4:30 pm							
5:00 pm	Muay Thai	Open Floor	Muay Thai	Open Floor	Sparring		
6:00 pm	KM Bag	Krav Fit	KM Bag	Krav Fit	KM Bag		
	KM Level 1 & 2	KM Level 3+	KM Level 1 & 2	KM Level 3+	RESERVED FOR SEMINARS AND BELT TESTING		
7:00 pm	KM Level 3+	KM Level 1 & 2	KM Level 3+	KM Level 1 & 2			
	BJJ Fundamentals	Brazilian Jiu-Jitsu	BJJ Fundamentals	Brazilian Jiu-Jitsu			
8:00 pm	Instructor Training	BJJ Open Mat	Weapons	BJJ Open Mat			

**Classes Options**

KM All Levels	KM Level 1 & 2	KM Level 3+	Muay Thai	BJJ	Sparring
KM Bag	Str & Con	Weapons	Inst. Training	Private Lessons	Open Floor

**Fortitude Krav Maga Instructors**

Anna Schnaderbeck	Chris Mjaanes	Dean Rieckmann	Joel Ellenbecker	Jordan Sturgis	Mason Grode
Smit Chauhan	Ryan Coy	Tamrah Ellenbecker	Tiffany VanBoxtel	Trisha Cops	



### KRAV MAGA SELF DEFENSE CLASSES

<b>KM LEVEL 1 &amp; 2</b>	Entry level class for all new students & Yellow Belts.
<b>KM LEVEL 3+</b>	Orange/Green/Blue/Brown belt students working towards Green/Blue/Brown/Black Belt.
<b>KM ALL</b>	Self Defense class for all ranks of Krav Maga.

### FIGHTING CLASSES

<b>Muay Thai</b>	The strategy and sport of the fighting arts.
<b>BJJ</b>	Multi-level Brazilian Jiu-Jitsu ground fighting. (Gi required)
<b>BJJ Fundamentals</b>	Jiu-Jitsu designed to hone in on fundamental techniques. (Gi required)
<b>BJJ Open Mat</b>	Open floor time to practice drills, techniques or free rolling.
<b>Womens BJJ</b>	Multi-level Brazilian Jiu-Jitsu ground fighting for Women Only. (Gi required)
<b>Sparring</b>	Instructor supervised sparring drills for Muay Thai and Krav Maga. (Gear Required)

### FITNESS CLASSES

<b>KM Bag</b>	Get an incredible workout while practicing Krav Maga striking techniques on a heavy bag.
<b>Krav Fit</b>	A mixute of heavy bag work and kettle bells.
<b>Strength &amp; Conditioning</b>	Develop increased lean muscle mass and take your endurance/cardio to the next level!

### INSTRUCTOR TRAINING

<b>Krav Maga Instructor Training</b>	Instructor Development Program - Must obtain preliminary certification to attend.
<b>BJJ Instructor Training</b>	Invitation only training for BJJ instructors and candidates.

### 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. (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.
- BJJ classes & Open Mat can be attended by non-members for a drop-in fee of \$10 per class.

