



**SELF DEFENSE**



**FIGHTING**



**FITNESS**



**MMA\JIU-JITSU**

**TRAINING SCHEDULE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 am	Private Training Available	Private Training Available	Private Training Available	Private Training Available	Private Training Available	Kids Krav Maga & Fitness	Cardio Bag\ Fitness Boot Camp
10:00 am	Private Training Available	Private Training Available	Private Training Available	Private Training Available	Private Training Available	<b>Krav Maga Level 1</b>	<b>Krav Maga Level 1</b>
11:00 am		Private Training Available	Private Training Available		Private Training Available	Zumba Fitness	Krav Maga Level 2
Noon	<b>Krav Maga Level 1</b>	Private Training Available	Private Training Available	<b>Krav Maga Level 1</b>	Private Training Available		
1 – 4 pm	Private Training Available	Private Training Available	Private Training Available	Private Training Available	Private Training Available		
5:15 - 6:00 pm	Kids Krav Maga & Fitness	Cardio Bag\ Fitness Boot Camp	Kids Krav Maga & Fitness	Cardio Bag\ Fitness Boot Camp	Private Training Available		
6:00 pm	<b>Krav Maga Level 1</b>	Jiu-Jitsu Ground	<b>Krav Maga Level 1</b>	Jiu-Jitsu Ground	Private Training Available		
7:00 pm	Krav Maga Ground	<b>Krav Maga Level 1</b>	Krav Maga Level 2	<b>Krav Maga Level 1</b>			
8:00 pm	Zumba Fitness	Krav Maga Level 2	Krav Maga Stand-Up	Zumba Fitness			

*\*Classes are 1 hour in length unless noted.*

Please check the website for the most up-to-date class information

***All Classes Are Included With Your Membership.***

**Learn Realistic Self Defense and Get a Great Workout!**

**Contact Us To Schedule Your FREE Class!**

**Xtreme Krav Maga & Fitness St. Louis**  
 24 Fenton Plaza, Fenton, MO 63026  
 (Hwy. 141 & Gravois)  
 636.577.1226

[www.XtremeKravMaga.com](http://www.XtremeKravMaga.com)

**Self Defense . Fighting . Fitness**

## Xtreme Krav Maga & Fitness St. Louis - Class Descriptions

<b>Krav Maga Level 1</b>	This class is designed for all <b>New Krav Maga</b> students. The goal of the class is to teach the basics of self defense and fighting. Students will learn Krav Maga's fighting stance and movement, various <b>punches, kicks</b> from a standing position as well as on the ground, <b>elbows and knees</b> , and how to <b>defend against punches, chokes, headlocks and wrist grabs</b> . Students who train an average of two to three times per week should expect to complete the curriculum in 4 months before testing into KM Level 2. <b><i>(All new students start in Krav Maga Level 1 class)</i></b>
<b>Krav Maga Level 2</b>	Upon completing KM Level 1, in this intermediate level class, students will continue to review and hone the self defense skills learned in KM Level 1, as well as learn additional punches and kicks, <b>punch defenses with counterattacks, kick defenses, and defenses against various chokes, headlocks, and bear hugs</b> . Students who train an average of two to three times per week should expect to complete the curriculum in six months before testing into KM Level 3. <i>(Must have passed Level 1 test)</i>
<b>Krav Maga Level 3+</b>	Upon completing KM Level 2, in this intermediate class students will continue to train on strikes, defenses against strikes, and self defense, including more <b>advanced techniques</b> that involve <b>defending against weapons such as knives, guns, and sticks</b> . Students who train two to three times per week should expect to be ready to test for Green Belt in twelve months <i>(Must have passed Level 2 test)</i>
<b>Kids: km-X Self Defense &amp; Fitness</b>	Motivating kids through exercise, <b>personal safety</b> and <b>discipline</b> is a powerful way to help them build their <b>confidence</b> and <b>self esteem</b> . Learn self defense techniques and respect, sportsmanship, and teamwork. (Ages 6-12)
<b>Fitness Boot Camp</b>	Whether you are a beginner or an advanced student, this class has what you need to step your workout up a notch. Combining Krav Maga techniques with intense fitness training to give you a full body workout. Learn the combatives and techniques to defend yourself and get a great workout while doing it! <b>High energy cardio circuit training</b> workout focusing on <b>endurance, balance, coordination, agility, speed, power and flexibility</b> . Performing drills to improve overall fitness and health incorporating, <b>kettle bells, hand weights, medicine balls, resistance bands, punching and kicking heavy bags</b> all to upbeat music! This is an all around great total body workout! <i>(Beginners welcome!)</i>
<b>Cardio Bag Fitness</b>	<b>Just like Cardio Kickboxing...but better!</b> This class features a combination of strength training, dynamic flexibility, and heavy bag work to a rhythmically-based continuous motion class utilizing basic Krav Maga combatives in order to stress the cardio-respiratory and cardiovascular system. Students perform punches, kicks, knees and elbows combinations on a heavy bag. <b><i>(Bring your boxing gloves!)</i></b>
<b>Krav Maga Sparring</b>	Take your training to the next level. You will learn <b>Boxing and Muay Thai</b> techniques including: <b>foot work, movement, straight &amp; hook punch combinations with kicks, knees and elbows</b> trained on focus mitts and thai pads. Apply the techniques you learn in Krav Maga classes together with these advanced strikes. You will also work agility drills incorporating weights, medicine balls and resistance bands to improve endurance, speed and power. <i>(Beginners welcome!)</i> <b><i>Bas Rutten Fight Club Program</i></b>
<b>Krav Maga Ground Fighting</b>	This ground class focusing on <b>striking on the ground, ground position &amp; control, arm locks and submissions's, takedowns, takedown defense and ground sparring</b> . Learn how to fight on the ground - from your back, in side control and mount positions while throwing strikes and incorporating <b>Jiu Jitsu</b> to defend the threat and get to your feet. <i>(Beginners welcome!)</i> <b><i>Bas Rutten Fight Club Program</i></b>
<b>Brazilian Jiu-Jitsu Ground</b>	Jiu Jitsu involves an array of techniques available from <b>Guard, Half Guard and Mount</b> , including strikes, <b>joint locks, throws, submission holds</b> , pins, and pressure points in order to deal with and control any situation on the ground. Taught by RGDA Royler Gracie\David Adiv Jiu-Jitsu School – Grappling Concepts
<b>Zumba Fitness</b>	Zumba is a fusion of body sculpting movements with easy to follow dance steps to the tune of Latin and International music. The routine features <b>aerobic/fitness interval training</b> with a combination of fast and slow rhythms that tone and <b>sculpt the body</b> . Zumba utilizes the principles of fitness interval training and <b>resistance training</b> to maximize caloric output, <b>fat burning</b> and total body toning.