

Xtreme Krav Maga

ST. LOUIS



SELF DEFENSE



FIGHTING



FITNESS



MMA\JIU-JITSU

TRAINING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 am			Personal Training Available			Cardio Bag Fitness	Fitness Boot Camp
10:00 am			Personal Training Available			Krav Maga Level 1	Krav Maga Level 1
11:00 am			Personal Training Available			Personal Training Available	Open Gym
Noon			Personal Training Available				
4:00 pm	Personal Training Available		Personal Training Available		Personal Training Available		
5:15 - 6:00 pm	Cardio Bag Fitness		Fitness Boot Camp		Personal Training Available		
6:00 pm	Krav Maga Level 1	Brazilian Jiu-Jitsu	Krav Maga Level 1	Brazilian Jiu-Jitsu	Personal Training Available		
7:00 pm	MMA 101 (Ground)	Krav Maga Level 1	MMA 101 (Stand-Up)	Krav Maga Level 1			
8:00 pm	Zumba Fitness	Krav Maga Level 2	Zumba Fitness	Krav Maga Level 2			

Revised: April 2010

Schedule is subject to change.

*Classes are 1 hour in length unless noted.

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

One on One Private Training Available

All Classes Are Included With Your Membership.

Learn Self Defense and Get a Great Workout!

Schedule Your FREE Class Today!

Xtreme Krav Maga and Fitness St. Louis

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www.XtremeKravMaga.com

Self Defense . Fighting . Fitness

Xtreme Krav Maga and Fitness St. Louis - Class Descriptions

Krav Maga Level 1	This class is designed for all New Krav Maga 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 punches, kicks from a standing position as well as on the ground, elbows and knees , and how to defend against punches, chokes, headlocks and wrist grabs . 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. <i>(All new students start in Krav Maga Level 1 class)</i>
Krav Maga Level 2	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, punch defenses with counterattacks, kick defenses, and defenses against various chokes, headlocks, and bear hugs . 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>
Krav Maga Level 3	Upon completing KM Level 2, in this intermediate class students will continue to train on strikes, defenses against strikes, and self defense, including more advanced techniques that involve defending against weapons such as knives, guns, and sticks . 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>
Kids: km-X Self Defense	Motivating kids through exercise, personal safety and discipline is a powerful way to help them build their confidence and self esteem. Learn self defense techniques and respect, sportsmanship, and teamwork. (Ages 5-11)
Fitness Boot Camp	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! High energy cardio circuit training workout focusing on endurance, balance, coordination, agility, speed, power and flexibility . Performing drills to improve overall fitness and health incorporating, kettle bells, hand weights, medicine balls, resistance bands, punching and kicking heavy bags all to upbeat music! This is an all around great total body workout! <i>(Beginners welcome!)</i>
Cardio Bag Fitness	Just like Cardio Kickboxing...but better! 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. <i>(Bring your boxing gloves!)</i>
Boxing	Class focusing on foot work, movement, straight punch & hook combinations on focus mitts and agility drills incorporating weights, medicine balls and resistance bands to improve endurance, speed and power. <i>(Beginners welcome!)</i>
MMA 101	Mixed Martial Arts techniques class includes work in striking, takedowns, takedown defense, striking on the ground, ground control, ground position, arm locks and submissions's . Take your training to the next level. Apply techniques you learn in Krav Maga classes together in more realistic scenarios. Learn to throw strikes in combinations from Boxing, Muay Thai and MMA . Learn how to fight on the ground and get the most amazing workout you've ever had. <i>(Beginners welcome!)</i>
Brazilian Jiu-Jitsu	Jiu Jitsu involves an array of techniques available from Guard, Half Guard and Mount , including strikes, joint locks, throws, submission holds , 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
Zumba Fitness	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 aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body . Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning.