

### Third Gate Defense and Fitness - Class Schedule

|          | Sunday          | Monday   | Tuesday    | Wednesday  | Thursday     | Friday     | Saturday     |
|----------|-----------------|----------|------------|------------|--------------|------------|--------------|
| 6:00 AM  |                 |          | Fitness    | Cardio Bag | Fitness      | Fight Fit! |              |
| 7:30 AM  |                 |          | Cardio Bag |            |              | Cardio Bag |              |
| 9:00 AM  | Open Mat        |          |            |            |              |            | Yoga         |
| 10:00 AM | Instructor work |          |            |            |              |            | Kids Defense |
| 11:00 AM |                 |          |            |            |              |            | KM 1         |
| 12:00 PM |                 |          |            |            |              |            |              |
| 1:00 PM  |                 |          |            |            |              |            |              |
| 4:45 PM  |                 |          |            |            | Kids Defense |            |              |
| 5:30 PM  |                 | KM 1     | KM 1       |            | KM 1         | KM 1       |              |
| 6:30 PM  |                 | Striking | Striking   |            | Cardio Bag   | Striking   |              |

\*All classes are 1 hour long. Please arrive five minutes before the start of class.

**GEAR:**

**Cardio Bag and Mitts:** wrist wraps and 12oz, 14oz, or 16oz gloves required

**KM 1 (Escape):** mouthguard and cup recommended

**KM 2 (Fight):** mouthguard, cup, headgear, shin guards, boxing gloves and grappling gloves required

**Striking:** mouthguard, cup, headgear, shin guards, boxing gloves, grappling gloves AND GI required

KM 1: Krav Maga that is designed to help all people escape potentially harmful situations.

Belt in KMWW: Yellow Belt and Orange Belt

KM 2: Krav Maga that focuses on fighting/transitioning from defense to offense.

Belt in KMWW: Green and Blue