



# TORCHED KRAV MAGA & FITNESS

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning	<p>515A - KM (ALL LEVELS)</p> <p>615A - OPWOD</p> <p>615A - ALL STRIKE</p>		<p>515A - KM (ALL LEVELS)</p> <p>615A - ALL STRIKE</p> <p>7A - OPWOD</p>		<p>515A - KM (ALL LEVELS)</p> <p>615A - OPWOD</p> <p>615A - ALL STRIKE</p>	<p>10A - KM (ALL LEVELS)</p> <p>1130 - OPWOD</p> <p>1230P - ALL STRIKE</p>
Mid-day		<p>10A - OPWOD</p> <p>11A - KM (ALL LEVELS)</p> <p>12P - ALL STRIKE</p>		<p>1030A - KM (ALL LEVELS)</p> <p>1130A - ALL STRIKE</p> <p>1145P - OPWOD</p>		
Youth	<p>515P - YOUTH KM (5-8)</p> <p>6P - YOUTH KM (9+)</p>	<p>515P - YOUTH KM (9+)</p> <p>6P - YOUTH KM (5-8)</p>	<p>515P - YOUTH KM (5-8)</p> <p>6P - YOUTH KM (9+)</p>	<p>515P - YOUTH KM (9+)</p> <p>6P - YOUTH KM (5-8)</p>		<p>11A - YOUTH KM (5-8)</p> <p>1145A - YOUTH KM (9+)</p>
Evening	<p>530P - OPWOD</p> <p>615P - ALL STRIKE</p> <p>7P - KM (ALL LEVELS)</p>	<p>530P - OPWOD</p> <p>630P - KM (ALL LEVELS)</p> <p>730P - ALL STRIKE</p>	<p>530P - OPWOD</p> <p>615P - ALL STRIKE</p> <p>7P - KM (ALL LEVELS)</p>	<p>530P - OPWOD</p> <p>630P - KM (ALL LEVELS)</p> <p>730P - ALL STRIKE</p>	<p>545P - OPWOD</p>	