

## Total Defense El Paso 2019 Schedule

2019 Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Krav Maga</b>						
<b>Level 1</b>	9:30am - 10:30am Richie		9:30am - 10:30am Richie			10:45am - 11:30am Richie
	6:00pm - 7:00pm Richie	7:00pm - 8:00pm Shelly	6:00pm - 7:00pm Richie	7:00pm - 8:00pm Shelly		
<b>Level 2</b>	7:00pm - 8:00pm Richie		7:00pm - 8:00pm Shelly			12:15pm - 1:00pm Shelly
<b>Level 3</b>						8:45am - 9:30am Richie
<b>Level 2/3</b>		9:30am - 10:30am Richie				
		6:00pm - 7:00pm Richie		6:00pm - 7:00pm Richie		
<b>Level 4</b>					6:00pm - 7:00pm Richie	
<b>Carlson Gracie Brazilian Jiu-Jitsu (Instructor: Gui)</b>						
<b>Competition Training</b>	11:00am - 12:00pm		11:00am - 12:00pm		11:00am - 12:00pm	9:30am - 11:00am
<b>No-Gi</b>	6:00pm - 7:00pm		6:00pm - 7:00pm		6:00pm - 7:00pm	11:00am - 12:00pm
<b>BJJ</b>	7:00pm - 8:00pm	7:00pm - 8:00pm	7:00pm - 8:00pm	7:00pm - 8:00pm	7:00pm - 8:00pm	
<b>Fitness</b>						
<b>Strength &amp; Conditioning</b>	6:00am - 7:00am Darius	6:00am - 7:00am Darius	6:00am - 7:00am Darius	6:00am - 7:00am Darius	6:00am - 7:00am Darius	
	9:00am - 10:00am Darius	9:00am - 10:00am Darius	9:00am - 10:00am Darius	9:00am - 10:00am Darius	9:00am - 10:00am Darius	
<b>Pound Fitness</b>	5:30pm - 6:00pm Shelly		5:30pm - 6:00pm Shelly			9:30am - 10:00am Shelly
<b>Conditioning</b>	7:00pm - 8:00pm Shelly	7:00pm - 8:00pm Richie	7:00pm - 8:00pm Richie	7:00pm - 8:00pm Richie		
<b>Flexibility</b>		6:00pm - 7:00pm Karolyn				
<b>Yoga</b>				6:00pm - 7:00pm Dana		12:00pm - 1:00pm Sri
<b>Kid's Program</b>						
<b>Krav Maga/Anti-Bully</b>						10:00am - 10:45am Richie/Shelly
<b>Brazilian Jiu-Jitsu 4 - 7 yrs old</b>	4:30pm - 5:15pm Gui		4:30pm - 5:15pm Gui		4:30pm - 5:15pm Gui	
<b>Brazilian Jiu-Jitsu 8 - 11 yrs old</b>	5:15pm - 6:00pm Gui		5:15pm - 6:00pm Gui		5:15pm - 6:00pm Gui	