

## 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 6:00pm - 7:00pm Richie	7:00pm - 8:00pm Shelly	9:30am - 10:30am Richie 6:00pm - 7:00pm Richie	9:30am - 10:30am Richie (All Levels) 7:00pm - 8:00pm Shelly		<b>Cancelled on Saturdays until further notice due to El Paso construction.</b>
<b>Level 2</b>			7:00pm - 8:00pm Shelly			
<b>Level 2/3</b>		9:30am - 10:30am Richie				
		6:00pm - 7:00pm Richie		6:00pm - 7:00pm Richie		
<b>Level 3</b>	7:00pm - 8:00pm Richie					
<b>Level 4/5</b>					6:00pm - 7:00pm Richie	
<b>Carlson Gracie Brazilian Jiu-Jitsu (Instructor: Gui)</b>						
<b>BJJ</b>	11:00am - 12:00pm		11:00am - 12:00pm		11:00am - 12:00pm	11:00am - 12:00pm
	7:00pm - 8:00pm	7:00pm - 8:00pm	7:00pm - 8:00pm	7:00pm - 8:00pm	7:00pm - 8:00pm	
<b>No-Gi</b>	6:00pm - 7:00pm		6:00pm - 7:00pm		6:00pm - 7:00pm	9:30am - 11:00am
<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	<b>Cancelled on Saturdays until further notice due to El Paso construction.</b>
	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		
<b>Conditioning</b>						
<b>Flexibility</b>		6:00pm - 7:00pm Karolyn				
<b>Yoga</b>				6:00pm - 7:00pm Dana		
<b>Kid's Program</b>						
<b>Krav Maga/Anti-Bully</b>	5:15pm - 6:00pm Richie		5:15pm - 6:00pm Richie			
<b>Brazilian Jiu-Jitsu 8 - 11 yrs old</b>	5:15pm - 6:00pm Gui	5:15pm - 6:00pm Gui	5:15pm - 6:00pm Gui	5:15pm - 6:00pm Gui		