

Total Defense El Paso 2019 Schedule

2019 Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Krav Maga							
Level 1	9:30am - 10:30am Richie		9:30am - 10:30am Richie	9:30am - 10:30am Richie (All Levels)		Cancelled on Saturdays until further notice due to El Paso construction.	
	6:00pm - 7:00pm Shelly	7:00pm - 8:00pm Marlyn	6:00pm - 7:00pm Richie	7:00pm - 8:00pm Marlyn			
Level 2			7:00pm - 8:00pm Shelly				
Level 2/3		9:30am - 10:30am Richie					
		6:00pm - 7:00pm Richie		6:00pm - 7:00pm Richie			
Level 3	7:00pm - 8:00pm Richie						
Level 4/5					Every 2 weeks 6:00pm - 7:30pm Richie		
Carlson Gracie Brazilian Jiu-Jitsu (Instructor: Gui)							
BJJ	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		
No-Gi	6:00pm - 7:00pm		6:00pm - 7:00pm		6:00pm - 7:00pm	9:30am - 11:00am	
Fitness							
Strength & Conditioning	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	Cancelled on Saturdays until further notice due to El Paso construction.	
	9:00am - 10:00am Darius		9:00am - 10:00am Darius		9:00am - 10:00am Darius		
Flexibility		6:00pm - 7:00pm Karolyn					
Yoga				6:00pm - 7:00pm Dana			
Kid's Program							
Krav Maga/Anti-Bully	5:15pm - 6:00pm Richie		5:15pm - 6:00pm Richie				
Brazilian Jiu-Jitsu 8 - 11 yrs old	5:15pm - 6:00pm Gui	5:15pm - 6:00pm Gui	5:15pm - 6:00pm Gui	5:15pm - 6:00pm Gui			