

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			10:30am - 11:30am Shelly
	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 3/4/5 *Leave phone # for invitation					6:00pm - 7:30pm Richie	
All Levels	7:00pm - 8:00pm Richie			9:30am - 10:30am 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	
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	
	9:00am - 10:00am Darius		9:00am - 10:00am Darius		9:00am - 10:00am Darius	
	6:00pm - 7:00pm Darius		6:00pm - 7:00pm Darius			
KM Bag Class		5:15pm - 5:45pm Shelly		5:15pm - 5:45pm Shelly		11:30am - 12:00pm Richie
Yoga		6:00pm - 7:00pm Jordan		6:00pm - 7:00pm Dana		
Kid's Program						
Krav Maga/Anti-Bully	5:15pm - 6:00pm Richie		5:15pm - 6:00pm Richie			9:45am - 10:30am 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		
FIREARMS TRAINING UPON REQUEST						