

## Core Combat Sports Training and Fitness

## 2009 Schedule

Style	Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>All Jiu-Jitsu Classes are held in Room C</i>								
<b>Brazilian Jiu-Jitsu</b>	Brazilian Jiu-Jitsu with Gi	11:00 - 12:15	6:00 - 7:15 pm	11:00 - 12:15 pm	6:00 - 7:15 pm		11:00 - 12:15 pm Open Mat	
	Brazilian Jiu-Jitsu No Gi/NHB	6:00 - 7:15 pm	11:00 - 12:15 pm	6:00 - 7:15 pm	11:00 - 12:15 pm		Combined sparing 12:00-1:00	
	Brazilian Jiu-Jitsu for Kids	5:00 - 6:00 pm Ages 8 - 12	5:15 - 6:00pm Ages 4 -7	5:00 - 6:00 pm Ages 8 - 12	5:00 - 5:45pm Ages 4 -7			
<i>All Kettle Bell Classes are held in Room B</i>								
<b>KETTLE BELL</b>	Kettle Bell	Fusion 5:30-6:30		Full throttle 6:00-6:30			Fusion 8:00-9:00	
		Intro 7:30-9:00		Intro 7:30-9:00			Grind 9:00-10:00	
<i>All Boxing and Bag Classes are held in Room B</i>								
<b>Boxing</b>	Boxing	intro 7:00 - 8:00	6:00 - 8:00 pm		6:00 - 8:00 pm			
<i>All Judo Classes are held in Room C</i>								
<b>Judo</b>	Judo	7:30 - 9:00 pm			7:30 - 9:00 pm			
	Judo Randori							12:00 - 2:00 pm
	Kaba Judo						2:00 - 3:00 pm off location	
<i>All Krav Maga Classes are held in Room A</i>								
<b>Krav Maga</b>	Krav Maga (Beginning - Intermediate)	6:30 - 7:30 pm		6:30 - 7:30 pm			10:00 - 11:00 am	
	Krav Maga (Intermediate - Advanced)		6:30 - 7:30 pm		6:30 - 7:30 pm		11:00 - 12:00 pm	
	Krav Maga Combatives	12:00 - 1:00pm	12:00 - 1:00 pm		12:00 - 1:00 pm	12:00 - 1:00pm		
<i>All Muay Thai Classes are held in Room B</i>								
<b>Muay Thai</b>	Fitness Bag	6:00 - 6:45 pm		6:00 - 6:45 pm			11:00 - 12:00 pm	
	Muay Thai		7:00 - 9:00 pm		7:00 - 8:30 pm			
** Personal Training Available upon Request **								
Fitness Center Hours:								
Mon - Thurs 7:00 am - 9:00 pm								
Friday 7:00 am - 6:00 pm								
Saturday 9:00 am - 3:00 pm								
Closed Sunday								

Visit us on the web at [www.corelouisville.com](http://www.corelouisville.com)

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