



Changing Lives Martial Arts & Krav Maga

GB Academy

1400 Kempsville Road Suite 102

2017 Schedule Effective March 13

Course Progression Stages	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Protech			Sparring Concepts Traditional Combat BME	
Beginner The CL MA & KM Beginner course is the perfect place for new students to start on the Basics!							
CL MA & KM Beginners (BC) train 1-2 x's a week on the basic concepts of martial arts training in 30 minute training sessions							
Tiny Tigers	5:15-5:45	5:15-5:45		5:15-5:45		9:00-9:30	
Karate For Kids	5:45-6:15	5:45-6:15	5:45-6:15	5:45-6:15		9:30-10:00	
Martial Arts For Adults		7:00-7:30		7:15-7:45		10:00-10:30	
Krav Maga		7:45-8:15		8:00-8:30		10:00-10:30	
Black Belt Club A Club Designed to teach Beginners the basics in sparring, weapons and a Black Attitude!							
CL MA & KM Black Belt Club (BBC) students excel as a Beginner student with additional sparring and weapons training. 30 minute classes							
Tiny Tigers	5:15-5:45	5:15-5:45		5:15-5:45		9:00-9:30	
Karate For Kids	5:45-6:15	5:45-6:15	5:45-6:15	5:45-6:15		9:30-10:00	
Martial Arts For Adults		7:00-7:30		7:15-7:45		10:00-10:30	
Krav Maga		7:45-8:15		8:00-8:30		10:00-10:30	
Master Club The Master Club is an Intermediate training course designed to prepare students for advanced training							
Master Club training allows students to train 1-2 x's per week 45 minute classes in an intermediate level environment geared to creating Black Belts.							
Tiny Tigers	5:15-5:45	5:15-5:45		5:15-5:45		9:00-9:30	
Karate For Kids		6:15-7:00	6:15-7:00	6:30-7:15		11:15-12:00	
Martial Arts For Adults		7:00-7:45	7:15-8:00	7:15-8:00		10:00-10:45	
Krav Maga		7:45-8:30		8:00-8:45		10:00-10:45	
Leadership Course Leadership students learn the fundamentals of leadership training as a CL MA or KM Coach							
The CLMA LC allows students to train 1-3 x's per week 45 minute classes in an Intermediate level with an emphasis on leadership skills							
Tiny Tigers	5:15-5:45		5:15-5:45	5:15-5:45		9:00-9:30	
Karate For Kids		6:15-7:00	6:15-7:00	6:30-7:15		11:15-12:00	
Martial Arts For Adults		7:00-7:45	7:15-8:00	7:15-8:00		10:00-10:45	
Krav Maga		7:45-8:30	8:00-8:45	8:00-8:45		10:00-10:45	
LEGACY Member Our LEGACY students are TOP NOTCH students with Advanced Training skills sets							
Our LEGACY Member (LM) is our #1 Program with 70% of our student base training in the Nationally recognized Program. <i>-Unlimited class Training-</i>							
Tiny Tigers	5:15-5:45		5:15-5:45	5:15-5:45		9:00-9:30	
Karate For Kids	6:15-7:00	6:15-7:00	6:15-7:00	6:30-7:15		11:15-12:00	
Martial Arts For Adults		7:00-7:45	7:15-8:00	7:15-8:00		10:00-10:45	
Family Class	7:00-7:45					10:45-11:15	
Krav Maga	7:45-8:30	7:45-8:30	8:00-8:45	8:00-8:45		10:00-10:45	
Specialty Training The CL MA & KM Specialty Training is for LEGACY Members that have the desire to excel <i>By Invitation Only</i>							
Its more then kicking and punching its character developmental skills and specialty training that enhances our students							
CLMA Extreme Team-XMA			6:15-7:15			12:45-1:30	
CLMA Demo Team			6:15-7:15			12:45-1:30	
Competition Team			6:15-7:15			12:45-1:30	
Train the Trainer Juniors & Adults						12:00-12:45	