

# NEW YORK COMBAT SAMBO CLASS SCHEDULE (STARTING 1/15/2009)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30 AM						Striking (Koepfer) 1hr
12:00 PM		Sambo (Koepfer)1hr		Grappling (Koepfer)1hr		MMA (Koepfer) 1hr
1:30 PM						Team Practice (2hrs)
1-5 PM	<b>Use by appointment ONLY</b>					
5:00 PM	Open Mat 5-6PM	Open Mat 5-6PM	Open Mat 5-6PM	Open Mat 5-6PM	Open Mat 5-6PM	
6:00 PM	Sambo Fundamentals (Koepfer) 6-7PM	Sambo Leg Locks (Bodycomb) 6-7PM	Practical Combat Sambo (Koepfer) 6-7PM	Conditioning (Koepfer) 6-7PM	Striking for Throws (Koepfer) 6-7PM	
7:00 PM						
7:15 PM	Grappling for MMA (Koepfer) 7:15 - 8:45PM	Sambo Throws (Koepfer) 7:15 - 8:15PM				Friday Night Sparring (Sambo and grappling only) 7:15 - 8:45PM
7:30 PM			Sambo Submissions (Koepfer) 7:30 - 9PM	Wrestling (Maclin) 7:30-8:30PM <small>(should be taken with GF class)</small>		
8:30 PM		Advanced Sambo (Workshop Format) (Koepfer) 8:30-9:30PM		Grappling Fundamentals (Bodycomb) 8:30-9:30PM		
8:45 PM	CLOSED					CLOSED
9:00 PM			CLOSED			

**Private Lessons with any NYCS Coach by appointment only**

**PLEASE NOTE:** After 7pm the building's main entrance locks and you must call 718-483-4139 to be let in.

**PLEASE NOTE:** There is little room to lounge and wait between classes. So show up only for times you plan to work out!

**Ring the school doorbell once you get to the 6th floor: This door is will always remain locked.**

**BRING YOUR OWN WATER BOTTLE!!!**