



**ACADEMY OF SELF DEFENSE**  
3475 Woodward Avenue  
Santa Clara, Ca 95054  
(408) 844-8485

# SCHEDULE OF CLASSES

**UNLIMITED MEMBERSHIP**  
No Contract Monthly Auto-Billing

**\$129.00**

**UNLIMITED TRAINING** in  
Vanguard Krav Maga®, Technical  
Sparring, Muay Thai Kickboxing  
and ALL our COMBAT FIT  
Programs: Boot Camp, HYROX,  
Spartan DEKA, & Fighter Flow.

**FREE 2-WEEK TRIAL:** Show up 10-15min before class to check-in at front desk—then simply sign in on the iPads before each class.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am - 7:30am <b>BOOT CAMP</b> STRENGTH	6:30am - 7:30am <b>BOOT CAMP</b> STRENGTH	6:30am - 7:30am <b>HYROX</b> <b>BOOT CAMP</b>	6:30am - 7:30am <b>BOOT CAMP</b> STRENGTH	6:30am - 7:30am <b>BOOT CAMP</b> STRENGTH		<b>FUNDAY</b>
					9:00 am - 10:00 am <b>BOOT CAMP</b> HYBRID	
10:00 am - 11:00 am <b>KRAV MAGA</b> TECHNICAL SPARRING		10:00 am - 11:00 am <b>KRAV MAGA</b> TECHNICAL SPARRING	10:00 am - 11:00 am <b>FIGHTER FLOW</b> PRIME	10:00 am - 11:00 am <b>KRAV MAGA</b> TECHNICAL SPARRING	10:00 am - 11:00 am <b>KRAV MAGA</b>	10:00 am - 11:00 am <b>HYROX</b> SUNDAY CIRCUIT
11:00 am - 12:00 pm <b>KRAV MAGA</b>	11:00 am - 12:00 pm <b>KRAV MAGA</b>	11:00 am - 12:00 pm <b>KRAV MAGA</b>	11:00 am - 12:00 pm <b>KRAV MAGA</b>	11:00 am - 12:00 pm <b>KRAV MAGA</b>	10:00 am - 11:00 am <b>ALL LEVELS MUAY THAI</b> <b>KICKBOXING</b>	
12:00 pm - 1:00 pm <b>ALL LEVELS MUAY THAI</b> <b>KICKBOXING</b>	12:00 pm - 1:00 pm <b>ALL LEVELS MUAY THAI</b> <b>KICKBOXING</b>	12:00 pm - 1:00 pm <b>ALL LEVELS MUAY THAI</b> <b>KICKBOXING</b>	12:00 pm - 1:00 pm <b>ALL LEVELS MUAY THAI</b> <b>KICKBOXING</b>	12:00 pm - 1:00 pm <b>ALL LEVELS MUAY THAI</b> <b>KICKBOXING</b>	10:00 am - 11:00 am <b>KRAV MAGA KIDS</b>	11:00 am - 12:00 pm <b>FIGHTER FLOW</b> RESTORE
12:00 pm - 1:00 pm <b>SPARTAN DEKA</b>	12:00 pm - 1:00 pm <b>HYROX</b>	12:00 pm - 1:00 pm <b>SPARTAN DEKA</b>	12:00 pm - 1:00 pm <b>HYROX</b>	12:00 pm - 1:00 pm <b>SPARTAN DEKA</b>	<b>MEMBERSHIP PRICING</b> No Contract Monthly Auto-Billing  <b>UNLIMITED \$129.00</b> Monthly Membership. Access to ALL Classes.  <b>FITNESS \$49.00</b> Monthly Membership. Access to ALL Fitness Classes.	
		4:00 pm - 5:00 pm <b>KRAV MAGA</b> TECH. SPARRING: GROUND				
4:00 pm - 5:00 pm <b>BOOT CAMP</b> STRENGTH	4:00 pm - 5:00 pm <b>BOOT CAMP</b> STRENGTH	4:00 pm - 5:00 pm <b>BOOT CAMP</b> STRENGTH	4:00 pm - 5:00 pm <b>BOOT CAMP</b> STRENGTH			
5:00 pm - 6:00 pm <b>KRAV MAGA</b>	5:00 pm - 6:00 pm <b>KRAV MAGA</b>	5:00 pm - 6:00 pm <b>KRAV MAGA</b>	5:00 pm - 6:00 pm <b>KRAV MAGA</b>	5:00 pm - 6:00 pm <b>BOOT CAMP</b> HYBRID		
5:00 pm - 6:00 pm <b>KRAV MAGA KIDS</b>	5:00 pm - 6:00 pm <b>KRAV MAGA KIDS</b>	5:00 pm - 6:00 pm <b>KRAV MAGA KIDS</b>	5:00 pm - 6:00 pm <b>KRAV MAGA KIDS</b>	5:00 pm - 6:00 pm <b>KRAV MAGA KIDS</b>		
6:00 pm - 7:00 pm <b>BOOT CAMP</b> KICKBOXING HIIT	6:00 pm - 7:00 pm <b>BOOT CAMP</b> KICKBOXING HIIT	6:00 pm - 7:00 pm <b>BOOT CAMP</b> KICKBOXING HIIT	6:00 pm - 7:00 pm <b>BOOT CAMP</b> KICKBOXING HIIT	6:00 pm - 7:00 pm <b>BEGINNING MUAY THAI</b> <b>KICKBOXING</b>		
6:00 pm - 7:00 pm <b>KRAV MAGA</b>	6:00 pm - 7:00 pm <b>KRAV MAGA</b>	6:00 pm - 7:00 pm <b>KRAV MAGA</b>	6:00 pm - 7:00 pm <b>KRAV MAGA</b>			
6:00 pm - 7:00 pm <b>WOMEN'S KRAV MAGA</b>	6:00 pm - 7:00 pm <b>WOMEN'S KRAV MAGA</b>		6:00 pm - 7:00 pm <b>KRAV MAGA</b> TECHNICAL SPARRING			
7:00 pm - 8:00 pm <b>HYROX</b>	7:00 pm - 8:00 pm <b>SPARTAN DEKA</b>	7:00 pm - 8:00 pm <b>HYROX</b>	7:00 pm - 8:00 pm <b>SPARTAN DEKA</b>	7:00 pm - 8:00 pm <b>ADVANCED MUAY THAI</b> <b>KICKBOXING</b>		
		7:00 pm - 8:00 pm <b>LADIES MUAY THAI</b> <b>KICKBOXING</b>				
7:00 pm - 8:00 pm <b>BEGINNING MUAY THAI</b> <b>KICKBOXING</b>	7:00 pm - 8:00 pm <b>BEGINNING MUAY THAI</b> <b>KICKBOXING</b>	7:00 pm - 8:00 pm <b>BEGINNING MUAY THAI</b> <b>KICKBOXING</b>	7:00 pm - 8:00 pm <b>BEGINNING MUAY THAI</b> <b>KICKBOXING</b>			
8:00 pm - 9:00 pm <b>ADVANCED MUAY THAI</b> <b>KICKBOXING</b>	8:00 pm - 9:00 pm <b>ADVANCED MUAY THAI</b> <b>KICKBOXING</b>	8:00 pm - 9:00 pm <b>ADVANCED MUAY THAI</b> <b>KICKBOXING</b>	8:00 pm - 9:00 pm <b>ADVANCED MUAY THAI</b> <b>KICKBOXING</b>			

**MEMBERSHIP PRICING**  
No Contract Monthly Auto-Billing

**UNLIMITED \$129.00**

Monthly Membership. Access to ALL Classes.

**FITNESS \$49.00**

Monthly Membership. Access to ALL Fitness Classes.

## SPECIAL SERVICES

In addition to offering a full load of weekly classes, we also offer other services:

Personal Training  
Small Group Training  
Women's Self Defense  
VKM Certifications  
Family Protection  
Knife Defense  
Birthday Parties  
Grappling Seminars  
Kettlebell Seminars  
Customized Training

**VANGUARD KRAV MAGA®**  
MONTHLY MEMBERSHIP

**\$109.00**

Access all Krav Maga Classes.

**MUAY THAI KICKBOXING**  
MONTHLY MEMBERSHIP

**\$109.00**

Access all Muay Thai Classes.

**KIDS VANGUARD KRAV MAGA®**  
MONTHLY MEMBERSHIP

**\$89.00**

Access all Kids Classes.

## ASD ONLINE

All ASD Memberships, even the free trial, comes with complimentary access to our online video database. You can access 5000+ videos on demand.



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@academyselfdefense



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We offer in-person classes and on-demand online courses. All ASD members receive free, unlimited access to 5,000+ training videos.

## ALL MEMBERSHIPS INCLUDE FREE ONLINE ACCESS!

ALL Memberships now include FREE Unlimited Access to all ASD Online. Our on-demand library has over 5000+ videos of classes and techniques that you can access anytime!



## UNLIMITED TRAINING

Choose between Combat Fitness Unlimited and Unlimited ALL time!

## Fitness Unlimited

No Contract Auto-Billing

**\$49.00**

Non-Autobilling Rate: \$69.00

Access to all Fitness Classes

## ALL Classes Unlimited

No Contract Auto-Billing

**\$129.00**

Non-Autobilling Rate: \$149.00

Access to all classes.



## VANGUARD KRAV MAGA®

Realistic & Relevant Self Defense. Learn how to strike effectively and defend in realistic scenarios. Ages 13+.

No Contract Auto-Billing

**\$109.00**

Non-Autobilling Rate: \$129.00



## VANGUARD KRAV MAGA® KIDS

Youth Self Defense & Fitness. Kids learn how to defend themselves while getting in shape while building confidence. Ages 6-12.

No Contract Auto-Billing

**\$89.00**

Non-Autobilling Rate: \$109.00

## BOOT CAMP

Our signature strength and conditioning program — built around high-intensity circuits, real striking technique, and full-body performance. Each format brings a unique focus:

**Strength:** Bag Work + Kettlebells

**Kickboxing HIIT:** Bag Work + Pad/Mitt Work

**Hybrid:** Bag Work, Kettlebells, + Pad/Mitt Work

## HYROX

Train with a purpose. HYROX is a structured endurance meets strength program modeled after the official HYROX fitness race.

- \* Endurance exercises + functional strength stations
- \* Includes ski, row, bike, sled push/pull, wall balls
- \* Repeated work/rest intervals (low variety, high focus)
- \* Perfect for performance tracking
- \* Scalable for every fitness level

Must be 15+ to participate in Fitness Classes.

## Fitness Unlimited

No Contract Auto-Billing

**\$49.00**

Non-Autobilling Rate: \$69.00

Access to all Fitness Classes: Boot Camp, HYROX, DEKA, & Fighter Flow.



A DEKA Training class is a circuit-style group fitness workout focused on 10 functional fitness zones that test strength and endurance. You'll move through simple, full-body exercises like rowing, weighted carries, and sled pushes, typically in a HIIT (High-Intensity Interval Training) format. It's highly accessible because all movements and weights can be easily scaled to your current ability, making it ideal for beginners.



## FIGHTER FLOW

CORE STRENGTH, BALANCE, MOBILITY

Build core stability, balance, and flexibility to support long-term performance, injury prevention, and recovery. Two paths to move better, feel better, and train harder.

**PRIME:** Targets the muscles that stabilize and support with dynamic drills focused on posture, coordination, and joint mobility.

**RESTORE:** Deep Stretch & Recovery. Slow it down. Open it up. Release tension, restore movement, and reset your nervous system.



**BOOT CAMP**  
KICKBOXING HIIT

## MUAY THAI KICKBOXING

MTK is a martial art & combat sport that uses stand-up striking (punches, kicks, knees, elbows) along with various clinching techniques. Ages 18+. Muay Thai Members have access to the Boot Camp: Kickboxing HIIT Classes.

No Contract Auto-Billing

**\$109.00**

Non-Autobilling Rate: \$129.00

## FAMILY MEMBERSHIP

Any 4 Family Members have UNLIMITED TRAINING.

\*Each Additional Family Members is \$49.00

No Contract Auto-Billing

**\$199.00**

Non-Autobilling Rate: \$219.00

## DROP IN RATES

**\$15.00**

per class (with Online Membership)

**\$25.00**

per class

\*COMPLIMENTARY RENTAL GEAR AVAILABLE DURING TWO WEEK TRIAL

**NO ENROLLMENT FEES. NO LONG TERM CONTRACTS!**