



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

IN-PERSON SCHEDULE

UNLIMITED MEMBERSHIP
No Contract Auto-Billing
\$119.00

UNLIMITED TRAINING in
Vanguard Krav Maga®, Combat
Hapkido, Muay Thai HIIT, Boot
Camp, GRIT, Escrima,
Box&Bells, 300, and Muay Thai
Kickboxing.

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 FUNDAY
6:30am - 7:30am BOOT CAMP	6:30am - 7:30am BOOT CAMP	6:30am - 7:30am BOOT CAMP	6:30am - 7:30am BOOT CAMP	6:30am - 7:30am BOOT CAMP		SUNDAY'S ARE FOR FAMILY & FRIENDS! FREE TO EVERYONE
					9:00 am - 10:00 am MUAY THAI HIIT HIGH INTENSITY INTERVAL TRAINING	
10:00 am - 11:00 am HAPKIDO		10:00 am - 11:00 am HAPKIDO		10:00 am - 11:00 am HAPKIDO	10:00 am - 11:00 am KRAV MAGA	10:00 am - 11:00 am ASD 300 DYNAMIC CIRCUIT TRAINING
					10:00 am - 11:30 am ALL LEVELS MTK MUAY THAI KICKBOXING	
11:00 am - 12:00 pm KRAV MAGA 1-2	11:00 am - 12:00 pm KRAV MAGA	11:00 am - 12:00 pm KRAV MAGA 1-2	11:00 am - 12:00 pm KRAV MAGA	11:00 am - 12:00 pm KRAV MAGA 1-2	11:00 am - 11:45 am KRAV MAGA KIDS	
11:00 am - 12:00 pm KRAV MAGA 3-5		11:00 am - 12:00 pm KRAV MAGA 3-5		11:00 am - 12:00 pm KRAV MAGA 3-5		
12:00 pm - 1:00 pm ALL LEVELS MTK MUAY THAI KICKBOXING	12:00 pm - 1:00 pm ALL LEVELS MTK MUAY THAI KICKBOXING	12:00 pm - 1:00 pm ALL LEVELS MTK MUAY THAI KICKBOXING	12:00 pm - 1:00 pm ALL LEVELS MTK MUAY THAI KICKBOXING			
12:00 pm - 1:00 pm GRIT	12:00 pm - 1:00 pm GRIT	12:00 pm - 1:00 pm GRIT	12:00 pm - 1:00 pm GRIT	12:00 pm - 1:00 pm GRIT		
4:00 pm - 5:00 pm HAPKIDO		4:00 pm - 5:00 pm HAPKIDO		12:00 pm - 1:00 pm ESCRIMA		
4:00 pm - 5:00 pm BOX&BELLS BOXING & KETTLEBELLS	4:00 pm - 5:00 pm BOOT CAMP	4:00 pm - 5:00 pm BOX&BELLS BOXING & KETTLEBELLS	4:00 pm - 5:00 pm BOOT CAMP			
5:00 pm - 6:00 pm KRAV MAGA 1	5:00 pm - 6:00 pm KRAV MAGA 1	5:00 pm - 6:00 pm KRAV MAGA 1	5:00 pm - 6:00 pm KRAV MAGA 1	5:00 pm - 6:00 pm BOX&BELLS BOXING & KETTLEBELLS		
5:00 pm - 6:00 pm KRAV MAGA 2	5:00 pm - 6:00 pm KRAV MAGA 2	5:00 pm - 6:00 pm KRAV MAGA 2	5:00 pm - 6:00 pm KRAV MAGA 2			
5:00 pm - 6:00 pm KRAV MAGA 3-5	5:00 pm - 6:00 pm KRAV MAGA 3-5	5:00 pm - 6:00 pm KRAV MAGA 3-5	5:00 pm - 6:00 pm KRAV MAGA 3-5			
5:00 pm - 6:00 pm KRAV MAGA KIDS	5:00 pm - 6:00 pm KRAV MAGA KIDS	5:00 pm - 6:00 pm KRAV MAGA KIDS	5:00 pm - 6:00 pm KRAV MAGA KIDS	5:00 pm - 6:00 pm KRAV MAGA KIDS		
5:00 pm - 6:00 pm KRAV MAGA KIDS <small>LEVEL 2-5</small>	5:00 pm - 6:00 pm KRAV MAGA KIDS <small>LEVEL 2-5</small>	5:00 pm - 6:00 pm KRAV MAGA KIDS <small>LEVEL 2-5</small>	5:00 pm - 6:00 pm KRAV MAGA KIDS <small>LEVEL 2-5</small>	5:00 pm - 6:00 pm KRAV MAGA KIDS <small>LEVEL 2-5</small>		
6:00 pm - 7:00 pm MUAY THAI HIIT HIGH INTENSITY INTERVAL TRAINING	6:00 pm - 7:00 pm MUAY THAI HIIT HIGH INTENSITY INTERVAL TRAINING	6:00 pm - 7:00 pm MUAY THAI HIIT HIGH INTENSITY INTERVAL TRAINING	6:00 pm - 7:00 pm MUAY THAI HIIT HIGH INTENSITY INTERVAL TRAINING	6:00 pm - 7:00 pm ALL LEVELS MTK MUAY THAI KICKBOXING		
6:00 pm - 7:00 pm KRAV MAGA 1	6:00 pm - 7:00 pm KRAV MAGA 1	6:00 pm - 7:00 pm KRAV MAGA 1	6:00 pm - 7:00 pm KRAV MAGA 1			
6:00 pm - 7:00 pm KRAV MAGA 2	6:00 pm - 7:00 pm KRAV MAGA 2	6:00 pm - 7:00 pm KRAV MAGA 2	6:00 pm - 7:00 pm KRAV MAGA 2			
6:00 pm - 7:00 pm KRAV MAGA 3-5	6:00 pm - 7:00 pm KRAV MAGA 3-5	6:00 pm - 7:00 pm KRAV MAGA 3-5	6:00 pm - 7:00 pm KRAV MAGA 3-5			
7:00 pm - 8:00 pm GRIT	7:00 pm - 8:00 pm GRIT	7:00 pm - 8:00 pm GRIT	7:00 pm - 8:00 pm GRIT			
7:00 pm - 8:00 pm BEGINNING MTK MUAY THAI KICKBOXING	7:00 pm - 8:00 pm BEGINNING MTK MUAY THAI KICKBOXING	7:00 pm - 8:00 pm BEGINNING MTK MUAY THAI KICKBOXING	7:00 pm - 8:00 pm BEGINNING MTK MUAY THAI KICKBOXING			
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ASD PRICING
No Contract Auto-Billing

UNLIMITED MEMBERSHIP \$119.00
ALL Access (Including Online)

FITNESS UNLIMITED \$49.00
ALL Access Fitness Classes (Including Online)

ASD ON DEMAND

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

ZOOM CLASSES

10:00 am Thursday
GRIT
MMA FITNESS REDEFINED
4:00 pm Tue/Wed
VKM KIDS
5:00 pm 1st Monday of the Month
KRAV MAGA

SERVICES

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

Personal Training
Private Small Group Training
Women's Self Defense Seminars
Specialist Krav Maga Certifications
Car Jacking Seminars
Family Protection Seminars
Knife Defense Seminars
Birthday Parties
Grappling Seminars
Specialized Kettlebell Seminars
Customized Training Seminars



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info@academyselfdefense.com | AcademySelfDefense.com | ASDProshop.com | 408-844-8485

In addition to our in-person schedule we are also running online classes on-demand on our website, and live zoom interactive classes. All active ASD MEMBERSHIPS include **FREE UNLIMITED ONLINE ACCESS** to over 5000+ videos on demand.

ALL MEMBERSHIPS INCLUDE FREE ONLINE ACCESS!

ALL Memberships now include FREE Unlimited Access to all online zoom classes, live online classes streamed to our website, and on demand content. Our on demand library has over 5000+ Videos of classes and training videos that you can access anytime!



UNLIMITED TRAINING

Choose between Fitness Unlimited and Unlimited ALL time!

Fitness Unlimited

No Contract Auto-Billing

\$49.00

Non-Autobilling Rate: \$69.00

Access to all Fitness Classes:
Boot Camp, Muay Thai HIIT, GRIT,
Box & Bells, & 300.

ALL Hours Unlimited

No Contract Auto-Billing

\$119.00

Non-Autobilling Rate: \$139.00

Access to all classes.
\$39 for online only

SELF-DEFENSE



VANGUARD KRAV MAGA®

Realistic & Relevant Self Defense. Learn how to strike effectively and defend in realistic scenarios. Ages 13+. Protective Gear Required: Beginners: MMA style gloves, mat, groin protection.

No Contract Auto-Billing

\$99.00

Non-Autobilling Rate: \$119.00

\$19 for online only



VANGUARD KRAV MAGA® KIDS

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

Ages 6-12 . Black Gi Pants, VKM Kids Shirt & Belt Required.

No Contract Auto-Billing

\$79.00

Non-Autobilling Rate: \$99.00

\$19 for online only

FITNESS UNLIMITED



GRIT: WODs, Strength Training, Combative MMA Drills, Tabata, & Circuit Training.

REQUIRED GEAR: MMA glove, jump rope, mat, towel.



Boxing & Bells: Boxing technique & kettlebell flow strength training.

REQUIRED GEAR: Boxing glove, punch mitts, mat, towel.



Muay Thai HIIT: Heavy Bag, Kettle Bell, Mitts, Thai Pads, Core, & more.

REQUIRED GEAR: Boxing/MMA Glove, punch mitts, mat, towel.



300: Dynamic circuit training. 12+ innovative workout stations.

REQUIRED GEAR: Boxing/MMA Glove, towel.



Boot Camp: Kettle bell strength training, heavy bag, & calisthenics.

REQUIRED GEAR: Boxing/MMA Glove, mat, towel.

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
Unlimited Classes: Boot
Camp, Muay Thai HIIT, GRIT,
Box & Bells, & 300.

FIGHTING SPORTS



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+. Protective Gear Required: Head gear, shin guards, mouthpiece, groin protection. Male: 16oz boxing gloves. Female: 14oz boxing gloves. Muay Thai Members have access to Muay Thai HIIT Classes.

No Contract Auto-Billing

\$99.00

Non-Autobilling Rate: \$119.00

\$19 for online only



COMBAT HAPKIDO

Modern Combat Hapkido combines selective elements of Tae Kwon Do, Karate, Judo, and Jiu-jitsu. It teaches five levels of application which are escapes, control techniques, joint breaks, take-downs, and last resort responses. . Ages 16+ . Required Attire: Black Gi Pants, Black Gi (with Hapkido Patches on Back/Front), Hapkido Black Shirt.

No Contract Auto-Billing

\$99.00

Non-Autobilling Rate: \$119.00

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

\$39 for online only

DROP IN RATES

\$10.00

per class (with Online Membership)

\$20.00

per class

\$40.00

one-day pass

*RENTAL GEAR AVAILABLE IN THE ASD PROSHOP. \$5 PER PAIR

NO ENROLLMENT FEES. NO LONG TERM CONTRACTS!