



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®, Danzan
Ryu Jujitsu, & Muay Thai
Kickboxing and ALL our COMBAT
FIT Programs: HIIT, Boot Camp,
GRIT, Box&Bells, Fighter Flow, &
Evo300.

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 HIIT	
10:00 am - 11:00 am KRAV MAGA TECHNICAL SPARRING		10:00 am - 11:00 am KRAV MAGA TECHNICAL SPARRING	10:00 am - 11:00 am FIGHTER FLOW CORE STRENGTH, BALANCE, MOBILITY	10:00 am - 11:00 am KRAV MAGA TECHNICAL SPARRING	10:00 am - 11:00 am KRAV MAGA	10:00 am - 11:00 am EVO 300 DYNAMIC CIRCUIT TRAINING
					10:00 am - 11:00 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 DANZAN RYU JUJITSU		4:00 pm - 5:00 pm DANZAN RYU JUJITSU				
4:00 pm - 5:00 pm BOX&BELLS	4:00 pm - 5:00 pm BOOT CAMP	4:00 pm - 5:00 pm BOX&BELLS	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		
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 [LEVELS 2-5]	5:00 pm - 6:00 pm KRAV MAGA KIDS [LEVELS 2-5]	5:00 pm - 6:00 pm KRAV MAGA KIDS [LEVELS 2-5]	5:00 pm - 6:00 pm KRAV MAGA KIDS [LEVELS 2-5]	5:00 pm - 6:00 pm KRAV MAGA KIDS [LEVELS 2-5]		
6:00 pm - 7:00 pm HIIT	6:00 pm - 7:00 pm HIIT	6:00 pm - 7:00 pm HIIT	6:00 pm - 7:00 pm HIIT	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	7:00 pm - 8:00pm ADVANCED MTK MUAY THAI KICKBOXING		
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			
			6:00 pm - 7:00 pm KRAV MAGA TECHNICAL SPARRING			
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 - 8:00pm LADIES MTK MUAY THAI KICKBOXING				
7:00 pm - 8:00pm BEGINNING MTK MUAY THAI KICKBOXING	7:00 pm - 8:00pm BEGINNING MTK MUAY THAI KICKBOXING	7:00 pm - 8:00pm BEGINNING MTK MUAY THAI KICKBOXING	7:00 pm - 8:00pm BEGINNING MTK MUAY THAI KICKBOXING			
8:00pm - 9:00pm ADVANCED MTK MUAY THAI KICKBOXING	8:00pm - 9:00pm ADVANCED MTK MUAY THAI KICKBOXING	8:00pm - 9:00pm ADVANCED MTK MUAY THAI KICKBOXING	8:00pm - 9:00pm ADVANCED MTK MUAY THAI KICKBOXING			

ASD PRICING

No Contract Auto-Billing

UNLIMITED MEMBERSHIP **\$119.00**

ALL Access (Including Online)

FITNESS UNLIMITED **\$49.00**

ALL Access Fitness Classes (Including Online)

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
Car Jacking
Family Protection
Knife Defense
Birthday Parties
Grappling Seminars
Kettlebell Seminars
Customized Training

VANGUARD
KRAV MAGA®
MEMBERSHIP
\$99.00

MUAY THAI
KICKBOXING
MEMBERSHIP
\$99.00

KIDS VANGUARD
KRAV MAGA®
MEMBERSHIP
\$79.00

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.



STAY CONNECTED
Follow us on Social Media

@asdsantaclara

@academyselfdefense

@asdondemand

@academyofselfdefense

@academyselfdefense

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

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 online zoom classes, 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 Combat Fitness Unlimited and Unlimited ALL time!

Fitness Unlimited

No Contract Auto-Billing

\$49.00

Non-Autobilling Rate: \$69.00

Access to all Combat Fit Classes:
Boot Camp, HIIT, GRIT,
Box & Bells, Fighter Flow & Evo300.

ALL Hours Unlimited

No Contract Auto-Billing

\$119.00

Non-Autobilling Rate: \$139.00

Access to all classes.
\$19 for online only

SELF-DEFENSE



VANGUARD KRAV MAGA®

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

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.

No Contract Auto-Billing

\$79.00

Non-Autobilling Rate: \$99.00

\$19 for online only

COMBAT FIT UNLIMITED



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



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



HIIT: Heavy Bag, Kettle Bell, Mitts, Thai Pads, Core, & more. RAMP (Reps, Agility, Mitts, Precision) up your fitness! Kick. Punch. Burn.



Evo300: Dynamic circuit training. 12+ innovative workout stations.



RPM Boot Camp: Kettle bell strength training, heavy bag, & calisthenics. Resistance, Power, & Motion.



Blends Pilates, yoga, and mobility drills to boost core strength, balance, flexibility, and joint health. It's ideal for all levels, enhancing movement, focus, and precision.

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, HIIT, GRIT, Box &
Bells, Fighter Flow &
Evo300.

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+. Muay Thai Members have access to HIIT Classes.

No Contract Auto-Billing

\$99.00

Non-Autobilling Rate: \$119.00

\$19 for online only



DANZAN RYU JUJITSU

Danzan Ryu Jujitsu, founded in 1920s Hawaii by Professor Henry Seishiro Okazaki, blends traditional Japanese jujitsu with Hawaiian Lua, Okinawan Karate, Filipino Martial Arts, Chinese Kung Fu, and American Boxing and Wrestling. It covers a wide range of grappling, striking, and weapons techniques. Ages 15+

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

*COMPLIMENTARY RENTAL GEAR AVAILABLE DURING TWO WEEK TRIAL

NO ENROLLMENT FEES. NO LONG TERM CONTRACTS!