



**KRAV MAGA**  
OFFICIAL TRAINING CENTER

# NORTH CAMPUS SCHEDULE

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| MONDAY                         |  |                      | TUESDAY                       |                      | WEDNESDAY                        |                   |                      | THURSDAY                       |                      | FRIDAY                       |  |                      | SATURDAY                              |  |
|--------------------------------|--|----------------------|-------------------------------|----------------------|----------------------------------|-------------------|----------------------|--------------------------------|----------------------|------------------------------|--|----------------------|---------------------------------------|--|
| CrossFit*<br>5A - 6A           |  |                      | CrossFit*<br>5A - 6A          |                      | CrossFit*<br>5A - 6A             |                   |                      | CrossFit*<br>5A - 6A           |                      | CrossFit*<br>5A - 6A         |  |                      |                                       |  |
| Combative Fit<br>5:25A - 6A    |  |                      | KM All level<br>5:25A - 6:25A |                      | Combative Fit<br>5:25A - 6A      |                   |                      | KM All Levels<br>5:25A - 6:25A |                      | Combative Fit<br>5:25A - 6A  |  |                      |                                       |  |
| KM 1<br>6A - 7A                |  | CrossFit*<br>6A - 7A | Combative Fit<br>6:25A - 7A   | CrossFit*<br>6A - 7A | KM 1<br>6A - 7A                  |                   | CrossFit*<br>6A - 7A | Combative Fit<br>6:25A - 7A    | CrossFit*<br>6A - 7A | KM 1<br>6A - 7A              |  | CrossFit*<br>6A - 7A |                                       |  |
|                                |  |                      |                               |                      |                                  |                   |                      |                                |                      |                              |  |                      |                                       |  |
| CrossFit*<br>8A - 9A           |  |                      | CrossFit*<br>8A - 9A          |                      | CrossFit*<br>8A - 9A             |                   |                      | CrossFit*<br>8A - 9A           |                      | CrossFit*<br>8A - 9A         |  |                      |                                       |  |
| Combat Fit<br>9A - 10A         |  |                      | Combative Fit<br>9A - 10A     |                      | Combat Fit<br>9A - 10A           |                   |                      | Combative Fit<br>9A - 10A      |                      | Combat Fit<br>9A -10A        |  |                      | KM all levels<br>10:15A - 11:15A      |  |
|                                |  |                      | KM1/2<br>11A - 12P            |                      | KM All level<br>10:30A - 11:30A  |                   |                      |                                |                      | KM 1<br>10:30A -11:30A       |  |                      |                                       |  |
| Combative Fit<br>11:15-12P     |  |                      | Combative Fit<br>12P - 12:45  |                      | Combative Fit<br>11:30A - 12:15P |                   |                      | Combative Fit<br>11:30A-12P    |                      | Combat Fit<br>11:30A -12:15P |  |                      | Combative Fit<br>11:15A - 12P         |  |
| CrossFit*<br>11:45A - 12:45P   |  |                      | CrossFit*<br>11:45A - 12:45P  |                      | CrossFit*<br>11:45A - 12:45P     |                   |                      | CrossFit*<br>11:45A - 12:45P   |                      | CrossFit*<br>11:45A - 12:45P |  |                      | CrossFit<br>Open Workout<br>10A - 12P |  |
|                                |  |                      |                               |                      |                                  |                   |                      | KM 1<br>12P-1P                 |                      |                              |  |                      |                                       |  |
|                                |  |                      |                               |                      |                                  |                   |                      |                                |                      |                              |  |                      |                                       |  |
|                                |  |                      |                               |                      |                                  |                   |                      |                                |                      |                              |  |                      |                                       |  |
|                                |  |                      |                               |                      |                                  |                   |                      |                                |                      |                              |  |                      |                                       |  |
| CrossFit*<br>5P - 6P           |  |                      | CrossFit*<br>5P - 6P          |                      | CrossFit*<br>5P - 6P             |                   |                      | CrossFit*<br>5P - 6P           |                      | CrossFit*<br>5P - 6P         |  |                      | Elements<br>Make Ups<br>9A - 12P      |  |
| Combative<br>Fit<br>6P - 6:45P |  |                      | Combative Fit<br>6P - 6:45P   | KM 1<br>6P - 7P      | Combat Fit<br>6P - 6:45P         | KM 2/3<br>6P - 7P |                      | KM All Levels<br>6P - 7P       |                      | Combat Fit<br>6P - 6:45P     |  |                      |                                       |  |
| CrossFit*<br>6P - 7P           |  |                      | CrossFit*<br>6P - 7P          |                      | CrossFit*<br>6P - 7P             |                   |                      | CrossFit*<br>6P - 7P           |                      | CrossFit*<br>6P - 7P         |  |                      |                                       |  |
| Elements<br>7P - 8P            |  |                      | KM 2/3<br>7P - 8P             |                      | Elements<br>7P - 8P              |                   |                      |                                |                      | Elements<br>7P - 8P          |  |                      |                                       |  |
| CrossFit*<br>7P - 8P           |  |                      | CrossFit*<br>7P - 8P          |                      | CrossFit*<br>7P - 8P             |                   |                      | CrossFit*<br>7P - 8P           |                      |                              |  |                      |                                       |  |
| KM 1<br>7P - 8P                |  |                      | Combative Fit<br>7:15P - 8P   |                      | KM 1<br>7P - 8P                  |                   |                      | Combative Fit<br>7:15P - 8P    |                      |                              |  |                      |                                       |  |
| Combative Fit<br>7P - 7:45P    |  |                      |                               |                      |                                  |                   |                      |                                |                      |                              |  |                      |                                       |  |

|            |                        |                                                                                                             |
|------------|------------------------|-------------------------------------------------------------------------------------------------------------|
| Yellow     | Krav Maga Level 1      | Combative Fit                                                                                               |
| Orange     | Krav Maga Level 2      | High intensity combative based fitness class                                                                |
| 2/3        | Krav Maga Levels 2 & 3 | Simunitions (Temporarily Suspended)                                                                         |
| All Levels | Krav Maga All Levels   | Firearm and home invasion training                                                                          |
|            |                        | CrossFit Elements                                                                                           |
|            |                        | CrossFit Intro classes teaching proper form and techniques, required prior to CrossFit classes              |
|            |                        | CrossFit                                                                                                    |
|            |                        | Strength and conditioning system built on constantly varied functional movements executed at high intensity |