



**KRAV MAGA**  
OFFICIAL TRAINING CENTER

# NORTH CAMPUS SCHEDULE

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
CrossFit* 5A - 6A Mark	CrossFit* 5A - 6A Mark	CrossFit* 5A - 6A Mark	CrossFit* 5A - 6A Mark	CrossFit* 5A - 6A Mark	CrossFit* 5A - 6A Mark	CrossFit* 5A - 6A Mark	CrossFit* 5A - 6A Mark	CrossFit* 5A - 6A Mark	CrossFit* 5A - 6A Mark		
Combative Fit 5:25A - 6A Matt	KM All level 5:25A - 6:25A Chris	Combative Fit 5:25A - 6A Brice	Combative Fit 5:25A - 6A Brice	KM All Levels 5:25A - 6:25A Joe	KM All Levels 5:25A - 6:25A Joe	Combative Fit 5:25A - 6A Matt	Combative Fit 5:25A - 6A Matt	Combative Fit 5:25A - 6A Matt	Combative Fit 5:25A - 6A Matt		
KM 1 6A - 7A Matt	CrossFit* 6A - 7A Mark	Combative Fit 6:25A - 7A Chris	CrossFit* 6A - 7A Mark	KM 1 6A - 7A Brice	CrossFit* 6A - 7A Mark	Combative Fit 6:25A - 7A Joe	CrossFit* 6A - 7A Mark	Combative Fit 6:25A - 7A Joe	CrossFit* 6A - 7A Mark	KM 1 6A - 7A Nick	CrossFit* 6A - 7A Mark
CrossFit* 8A - 9A Nick	CrossFit* 8A - 9A Nick	CrossFit* 8A - 9A Nick	CrossFit* 8A - 9A Nick	CrossFit* 8A - 9A Nick	CrossFit* 8A - 9A Nick	CrossFit* 8A - 9A Nick	CrossFit* 8A - 9A Nick	CrossFit* 8A - 9A Nick	CrossFit* 8A - 9A Nick		
Combat Fit 9A - 10A Mark	Combative Fit 9A - 10A Mark	Combat Fit 9A - 10A Mark	Combat Fit 9A - 10A Mark	Combat Fit 9A - 10A Mark	Combat Fit 9A - 10A Mark	Combat Fit 9A - 10A Mark	Combat Fit 9A - 10A Mark	Combat Fit 9A - 10A Mark	Combat Fit 9A - 10A Mark	KM all levels 10:15A - 11:15A Joe	CrossFit Open Workout 10A - 12P
	KM1/2 11A - 12P John	KM All level 10:30A - 11:30A Joe	KM All level 10:30A - 11:30A Joe					KM 1 10:30A - 11:30A Ashley	KM 1 10:30A - 11:30A Ashley		
Combative Fit 11:15-12P Mark	Combative Fit 12P - 12:45 John	Combative Fit 11:30A - 12:15P Joe	Combative Fit 11:30A - 12:15P Joe	Combative Fit 11:30A-12P John	Combative Fit 11:30A-12P John	Combative Fit 11:30A-12P John	Combative Fit 11:30A-12P John	Combative Fit 11:30A-12P John	Combative Fit 11:30A-12P John	Combative Fit 11:15A - 12P Laney / Melissa	
CrossFit* 11:45A - 12:45P Nick	CrossFit* 11:45A - 12:45P Mark	CrossFit* 11:45A - 12:45P Nick	CrossFit* 11:45A - 12:45P Nick	CrossFit* 11:45A - 12:45P Nick	CrossFit* 11:45A - 12:45P Nick	CrossFit* 11:45A - 12:45P Nick	CrossFit* 11:45A - 12:45P Nick	CrossFit* 11:45A - 12:45P Mark	CrossFit* 11:45A - 12:45P Mark	CrossFit* 11:45A - 12:45P Nick	Elements Make Ups 9A - 12P Mark
CrossFit* 5P - 6P Nick	CrossFit* 5P - 6P Nick	CrossFit* 5P - 6P Nick	CrossFit* 5P - 6P Nick	CrossFit* 5P - 6P Nick	CrossFit* 5P - 6P Nick	CrossFit* 5P - 6P Nick	CrossFit* 5P - 6P Nick	CrossFit* 5P - 6P Nick	CrossFit* 5P - 6P Nick	CrossFit* 5P - 6P Nick	CrossFit* 5P - 6P Nick
Combative Fit 6P - 6:45P Joe/Brice	Combative Fit 6P - 6:45P Mark	KM 1 6P - 7P Joe	Combative Fit 6P - 6:45P Ashley	KM 2/3 6P - 7P Joe	Combative Fit 6P - 6:45P Ashley	KM All Levels 6P - 7P Chris / Nick	Combative Fit 6P - 6:45P Mark	Combative Fit 6P - 6:45P Mark	Combative Fit 6P - 6:45P Mark	Combative Fit 6P - 6:45P Mark	Combative Fit 6P - 6:45P Mark
CrossFit* 6P - 7P Nick	CrossFit* 6P - 7P Nick	CrossFit* 6P - 7P Nick	CrossFit* 6P - 7P Nick	CrossFit* 6P - 7P Nick	CrossFit* 6P - 7P Nick	CrossFit* 6P - 7P Mark	CrossFit* 6P - 7P Mark	CrossFit* 6P - 7P Mark	CrossFit* 6P - 7P Mark	CrossFit* 6P - 7P Mark	CrossFit* 6P - 7P Mark
Elements 7P - 8P Mark	KM 2/3 7P - 8P Joe	Elements 7P - 8P Mark	Elements 7P - 8P Mark	Elements 7P - 8P Mark	Elements 7P - 8P Mark	Elements 7P - 8P Mark	Elements 7P - 8P Mark	Elements 7P - 8P Mark	Elements 7P - 8P Mark	Elements 7P - 8P Mark	Elements 7P - 8P Mark
CrossFit* 7P - 8P Nick	CrossFit* 7P - 8P Nick	CrossFit* 7P - 8P Nick	CrossFit* 7P - 8P Nick	CrossFit* 7P - 8P Nick	CrossFit* 7P - 8P Nick	CrossFit* 7P - 8P Mark	CrossFit* 7P - 8P Mark	CrossFit* 7P - 8P Mark	CrossFit* 7P - 8P Mark	CrossFit* 7P - 8P Mark	CrossFit* 7P - 8P Mark
KM 1 7P - 8P Joe/Brice	Combative Fit 7:15P - 8P Mark	Combative Fit 7:15P - 8P Mark	Combative Fit 7:15P - 8P Mark	KM 1 7P - 8P Joe/Ashley	Combative Fit 7:15P - 8P Nick	Combative Fit 7:15P - 8P Nick	Combative Fit 7:15P - 8P Nick	Combative Fit 7:15P - 8P Nick	Combative Fit 7:15P - 8P Nick	Combative Fit 7:15P - 8P Nick	Combative Fit 7:15P - 8P Nick
Combative Fit 7P - 7:45P Laney / Melissa											

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