



KRAV MAGA
OFFICIAL TRAINING CENTER

NORTH CAMPUS SCHEDULE

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www.kravmagahouston.com
www.crossfitnorthhouston.com

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								
Extreme Fitness 5:25A - 6A Nick			KM 1 5:25A - 6:25A Chris			Extreme Fitness 5:25A - 6A Trea			KM 1 5:25A - 6:25A Brice			Extreme Fitness 5:25A - 6A Matt								
KM 1 6A - 7A Nick		CrossFit* 6A - 7A Mark	Extreme Fitness 6:25A - 7A Chris	CrossFit* 6A - 7A Mark	KM all level 6A - 7A Trea		CrossFit* 6A - 7A Mark	Extreme Fitness 6:25A - 7A Brice	CrossFit* 6A - 7A Mark	KM 1 6A - 7A Matt		CrossFit* 6A - 7A Mark								
CrossFit* 8A - 9A Nick			CrossFit* 8A - 9A Nick			CrossFit* 8A - 9A Nick			CrossFit* 8A - 9A Nick			CrossFit* 8A - 9A Nick								
Extreme 9A - 10A Mark			Extreme Fitness 9A - 10A Mark			Extreme 9A - 10A Mark			Extreme Fitness 9A - 10A Mark			Extreme 9A - 10A Mark						KM all levels 10:15A - 11:15A Joe		CrossFit Open Workout 10A - 12P
						KM 1 10:30A - 11:30A John						KM 1 10:30A - 11:30A Ashley						Extreme Fitness 11:15A - 12P Mark		
Extreme Fitness 11:30-12:30P Mark			Extreme Fitness 11:30-12:30P John			Extreme Fitness 11:30A - 12:15P John			Extreme Fitness 11:30A-12P John			Extreme Fitnee 11:30A -12P Ashley								
CrossFit* 11:45A - 12:45P Nick			CrossFit* 11:45A - 12:45P Mark			CrossFit* 11:45A - 12:45P Nick			CrossFit* 11:45A - 12:45P Mark			CrossFit* 11:45A - 12:45P Nick						Elements Make Ups 9A - 12P Kara		
									KM 1 12P-1P John											
CrossFit* 5P - 6P Nick			CrossFit* 5P - 6P Nick			CrossFit* 5P - 6P Nick			CrossFit* 5P - 6P Nick			CrossFit* 5P - 6P Nick								
Extreme Fitness 6P - 7P Trea / Brice			Extreme Fitness 6P - 7P Mark	KM 1 6P - 7P Joe	Extreme 6P - 7P Joe	KM 2/3 6P - 7P CJ		KM All Levels 6P - 7P Chris / Nick			Extreme 6P - 7P Mark									
CrossFit* 6P - 7P Nick			CrossFit* 6P - 7P Nick			CrossFit* 6P - 7P Nick			CrossFit* 6P - 7P Mark			CrossFit* 6P - 7P Nick								
Elements 7P - 8P Kara			KM 2/3 7P - 8P Joe			Elements 7P - 8P Mark						Elements 7P - 8P Mark								
CrossFit* 7P - 8P Nick			CrossFit* 7P - 8P Nick			CrossFit* 7P - 8P Nick			CrossFit* 7P - 8P Mark											
KM 1 7:15P - 8:15P Trea / Brice			Extreme Fitness 7:15P - 8:15P Mark			KM 1 7:15P - 8:15P Ashley			Extreme Fitness 7:15P - 8:15P Nick											
Extreme Fitness 7:15P - 8:15P Mark																				

Yellow	Krav Maga Level 1	Extreme Fitness High intensity kettle bell based, functional fitness class Simunitions (Temporarily Suspended) 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
Orange	Krav Maga Level 2	
2/3	Krav Maga Levels 2 & 3	
All Levels	Krav Maga All Levels	

* Denotes space is limited. Sign up required at
www.crossfitnorthhouston.com for CrossFit classes.

KM all levels 10:15A - 11:15A Joe	CrossFit Open Workout 10A - 12P
Extreme Fitness 11:15A - 12P Mark	Elements Make Ups 9A - 12P Kara