



KRAV MAGA
OFFICIAL TRAINING CENTER

NORTH CAMPUS SCHEDULE

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

Yellow	Krav Maga Level 1	Krav Athletics
Orange	Krav Maga Level 2	High intensity functional fitness class
2/3	Krav Maga Levels 2 & 3	CrossFit Elements
All Levels	Krav Maga All Levels	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