



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 Athle 9A - 9:45A		Krav Athletics 9A-9:45A		Krav Athle 9A - 9:45A		Krav Athletics 9A - 9:45A		Krav Athle 9A -9:45A		KM all levels 10:15A - 11:15A	
		KM2/3 11A - 12P		KM All level 10:30A - 11:30A				KM 1 10:30A -11:30A		CrossFit Open Workout 10A - 12P	
Krav Athletics 11:15-12P		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		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 Athle 6P - 6:45P	KM 2/3 6P - 7P	KM All Levels 6P - 7P		Krav Athle 6P - 6:45P			
CrossFit* 6P - 7P		CrossFit* 6P - 7P		CrossFit* 6P - 7P		CrossFit* 6P - 7P		CrossFit* 6P - 7P			
Elements 6P - 7P		Elements 6P - 7P		Elements 6P - 7P							
CrossFit* 7P - 8P		CrossFit* 7P - 8P		CrossFit* 7P - 8P		CrossFit* 7P - 8P					
KM 1 7P - 8P		KM 2/3 7P - 8P		KM 1 7P - 8P		Krav Athletics 7:15P - 8P					

Yellow	Krav Maga Level 1	Krav Athletics
Orange	Krav Maga Level 2	
2/3	Krav Maga Levels 2 & 3	High intensity combative based fitness class
All Levels	Krav Maga All Levels	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