



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 1 5:25A - 6:25A		Krav Athletics 5:25A - 6A		KM 1 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 All Levels 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 Athl. 9A - 10A		Krav Athletics 9A - 10A		Krav Athl. 9A - 10A		KM All Levels 10:15A - 11:15A	
		KM 2/3 11A - 12P		KM All Levels 10:30A - 11:30A				KM 1/2 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 Athl. 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				Little's (5yr-8yr) 11:15A - 12P	
										Big's (9yr-12yr) 12p-12:45p	
CrossFit* 5P - 6P		CrossFit* 5P - 6P		CrossFit* 5P - 6P		CrossFit* 5P - 6P		CrossFit* 5P - 6P			
Little's (5yr-8yr) 5:45-6:30P		Big's (9yr-12yr) 5:45-6:30P		Little's (5yr-8yr) 5:45-6:30P		Big's (9yr-12yr) 5:45-6:30P					
Krav Athletics 6P - 6:45P		Krav Athletics 6P - 6:45P		Krav Athl. 6P - 6:45P		KM 2/3 6P - 7P		KM All Levels 6P - 7P		Krav Athl. 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		CrossFit* 7P - 8P			
KM 1 6:45P-7:45P		KM 2/3 7P - 8P		KM 1 7P - 8P		Krav Athletics 7P - 7:45P					

Yellow	Krav Maga Level 1	Krav Athletics	
1&2	Krav Maga Level 1 & 2	High intensity combative based fitness class	
Orange	Krav Maga Level 2	Youth Classes	
2&3	Krav Maga Levels 2 & 3	Little's (5yr-8yr) Big's (9yr-12yr)	
All Levels	Krav Maga All Levels	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	