



**KRAV MAGA**  
OFFICIAL TRAINING CENTER

# NORTH CAMPUS SCHEDULE

19075 I-45 North  
Spring, TX 77388  
(832) 370-5688  
info@kravmagahouston.com  
www.kravmagahouston.com  
www.crossfitnorthhouston.com

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
CrossFit* 5A - 6A Troj		CrossFit* 5A - 6A Gaby		CrossFit* 5A - 6A Gaby		CrossFit* 5A - 6A Gaby		CrossFit* 5A - 6A Gaby			
Krav Athletics 5:25A - 6A Brice		KM All level 5:25A - 6:25A Chris		Krav Athletics 5:25A - 6A Zion		KM 1 5:25A - 6:25A Brice		Krav Athletics 5:25A - 6A Nick			
KM 1 6A - 7A Brice	CrossFit* 6A - 7A Troj	Krav Athletics 6:25A - 7A Chris	CrossFit* 6A - 7A Gaby	KM 1 6A - 7A Brice	CrossFit* 6A - 7A Gaby	Krav Athletics 6:25A - 7A Brice	CrossFit* 6A - 7A Gaby	KM All Level 6A - 7A Nick	CrossFit* 6A - 7A Gaby		
CrossFit* 8A - 9A Nick		CrossFit* 8A - 9A Gaby		CrossFit* 8A - 9A Gaby		CrossFit* 8A - 9A Gaby		CrossFit* 8A - 9A Gaby			
Krav Athle 9A - 9:45A Troj		Krav Athletics 9A-9:45A Troj		Krav Athle 9A - 9:45A Troj		Krav Athletics 9A - 9:45A Troj		Krav Athle 9A - 9:45A Troj		KM all levels 10:15A - 11:15A Nick	
		KM2/3 11A - 12P John		KM All level 10:30A - 11:30A Nick				KM 1 10:30A - 11:30A Ashley		CrossFit Open Workout 10A - 12P	
Krav Athletics 11:15-12P Troj		Krav Athletics 12P - 12:45 John		Krav Athletics 11:30A - 12:15P Nick		Krav Athletics 11:30A-12P John		Krav Athletics 11:30A - 12:15P Ashley		Krav Athletics 11:15A - 12P Nick	
CrossFit* 11:45A - 12:45P Anette		CrossFit* 11:45A - 12:45P Anette		CrossFit* 11:45A - 12:45P Anette		CrossFit* 11:45A - 12:45P Anette		CrossFit* 11:45A - 12:45P Anette		Elements Make Ups 9A - 12P Troj	
						KM 1 12P-1P John					
CrossFit* 5P - 6P David		CrossFit* 5P - 6P David		CrossFit* 5P - 6P Anette		CrossFit* 5P - 6P Anette		CrossFit* 5P - 6P Anette			
Krav Athletics 6P - 6:45P Nick		Krav Athletics 6P - 6:45P Zion		KM 1 6P - 7P Nick		Krav Athle 6P - 6:45P Zion		KM 2/3 6P - 7P Ashley		KM All Levels 6P - 7P Nick	
CrossFit* 6P - 7P David		CrossFit* 6P - 7P David		CrossFit* 6P - 7P Anette		CrossFit* 6P - 7P Kaytee		CrossFit* 6P - 7P Anette			
Elements 6P - 7P Troj		Elements 6P - 7P Troj		Elements 6P - 7P Gaby							
CrossFit* 7P - 8P Troj		CrossFit* 7P - 8P Troj		CrossFit* 7P - 8P Anette		CrossFit* 7P - 8P Anette		CrossFit* 7P - 8P Anette			
KM 1 6:45P-7:45P Nick		KM 2/3 7P - 8P Nick		KM 1 7P - 8P Ashley		Krav Athletics 7P - 7:45P Nick					

Yellow	Krav Maga Level 1	<b>Krav Athletics</b>	
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	
		<b>CrossFit Elements</b>	
		CrossFit Intro classes teaching proper form and techniques, required prior to CrossFit classes	
		<b>CrossFit</b>	
		Strength and conditioning system built on constantly varied functional movements executed at high intensity	