



# NORTH CAMPUS SCHEDULE

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
CrossFit* 5A - 6A Gaby		CrossFit* 5A - 6A Gaby		CrossFit* 5A - 6A Gaby		CrossFit* 5A - 6A Gaby		CrossFit* 5A - 6A Gaby			
Krav Athletics 5:15A-5:45A Ashley		KM 1 5:15A - 6:15A Zion		Krav Athletics 5:15A - 5:45A Zion		KM 1 5:15A - 6:15A Brice		Krav Athletics 5:15A - 5:45A Nick			
KM 1 6A - 7A Ashley		Krav Athletics 6:30A - 7A Zion		KM 1 6A - 7A Brice		Krav Athletics 6:30A - 7A Brice		KM All Level 6A - 7A Nick			
CrossFit* 8A - 9A Gaby		CrossFit* 8A - 9A Gaby		CrossFit* 8A - 9A Gaby		CrossFit* 8A - 9A Gaby		CrossFit* 8A - 9A Gaby			
		KM 2/3 11A - 12P Ashley		KM All level 10:30A - 11:30A Nick				KM 1 10:30A - 11:30A Ashley		KM All Levels 10:15A - 11:15A Nick	CrossFit Open Workout 10A - 12P
Krav Athletics 11:15A-12P Anette		Krav Athletics 12:15P - 12:45P Ashley		Krav Athletics 11:45A - 12:15P Nick		Krav Athletics 11:20A-11:45A Nick		Krav Athletics 11:45A - 12:15P Ashley		Krav Athletics 11:30A - 12:15P Nick	Elements Make Ups
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		Littles (5-9yo) 11:25A-12:10P	
						KM 1 12P-1P Nick				Bigs (9-12yo) 12:20P-1:05P	9A - 12P Gaby - Anette
Littles (5-8yo) 5:45P-6:30P Zion		Bigs (9-12yo) 5:45P-6:30P Zion		Littles (5-9yo) 5:45P-6:30P Zion		Bigs (9-12yo) 5:45P-6:30P Ashley					
CrossFit* OPEN GYM 4:30P-5:15P		CrossFit* 4:30P-5:15P		CrossFit* OPEN GYM 4:30P-5:15P		CrossFit* 4:30P-5:15P		CrossFit* OPEN GYM 4:30P-5:15P			
Krav Athletics 5:45P - 6:30P Ashley		Krav Athletics 5:45P-6:30P Nick	KM 1 6P - 7P	Krav Athletics 5:45P-6:30P Ashley	KM 2/3 6P-7P	Krav Athletics 5:45P - 6:30P Nick		Krav Athletics 6P - 6:45P Anette			
CrossFit* 5:30P-6:30P Anette		CrossFit* 5:30P-6:30P Anette		CrossFit* 5:30P-6:30P Anette		CrossFit* 5:30P-6:30P Anette		CrossFit* 5:30P-6:30P Anette			
Elements 6P - 7P Rod		Elements 6P - 7P Rod		Elements 6P - 7P Rod							
CrossFit* 6:45P-7:45P Anette		CrossFit* 6:45P-7:45P Anette		CrossFit* 6:45P-7:45P Anette		CrossFit* 6:45P-7:45P Anette					
KM 1 6:45P-7:45P Ashley		KM 2/3 7:15P - 8:15P Nick		KM 1 7:15P - 8:15P Ashley		Krav All Levels 6:45P - 7:45P Nick					

Yellow	Krav Maga Level 1	Krav Athletics High intensity combative based fitness class <b>Simunitions (Temporarily Suspended)</b> Firearm and home invasion training
Orange	Krav Maga Level 2	
2/3	Krav Maga Levels 2 & 3	
All Levels	Krav Maga All Levels	
		<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