



KRAV MAGA
OFFICIAL TRAINING CENTER

CENTRAL CAMPUS SCHEDULE

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
META 5:25 - 6A Chris Alpha	FIT to FIGHT 6 - 7A Charlie Bravo		FIT to FIGHT 5:25 - 6:25A Matt Bravo	META 5:25 - 6A Charlie Alpha	META 6 - 7A Matt Bravo	KM 5/6/7 5:25 - 7A CJ Alpha		META 6 - 7A Bill Alpha	KM 3/4 6 - 7A Charlie Bravo	KM 5/6/7 CJ INSTRUCTORS ONLY 7-9A Alpha	
META 10:30 - 11A Chris Alpha				META 10:30 - 11A CJ Alpha		META 11:30 - 12P Chris Alpha				META 9 - 9:35A David Bravo	
KM 1/2 11 - 12P Chris Alpha		META 11:30A - 12P Lilly Alpha	FIT to FIGHT 12 - 1P Lilly Alpha	FIT to FIGHT 11A - 12P CJ Alpha		META 11:30 - 12P Chris Alpha				All Levels 9:35 - 10:35A David Bravo	
		FTF YOUTH (5-8yrs) 4:30 - 5:15P Alpha		BLACKBELT (5-8yrs) 4:30 - 5:30P Alpha		FTF YOUTH (5-8yrs) 4:30 - 5:15P Alpha				FTF YOUTH 10:35 - 11:15A (5-8yrs) Bravo	
		FTF YOUTH (9yrs+) 5:15 - 6P Alpha		BLACKBELT (9yrs+) 5:30 - 6:30P Alpha		FTF YOUTH (9yrs+) 5:15 - 6P Alpha				FTF YOUTH 11:15-12P (9yrs+) Bravo	
META 6 - 6:35P Charles Alpha	KM 1 6 - 7P Joe/Kevin Bravo	META 6 - 6:35P Trea Alpha	COMB 1/2 6-7P Jonathan Bravo	META 6:30-7P Lilly Alpha	KM 2 6 - 7P Carl Bravo	KM1 6-7P Travis Alpha	KM 2/3 6 - 7P Trea Bravo	FTF YOUTH (5-8yrs) 5:30 - 6:15P Alpha			BLACKBELT 1:30-2:30P (5-8yrs) Alpha
KM 1 6:35 - 7:35P Charles Alpha	ALL LEVELS 7 - 8P Joe/Kevin Bravo	KM1 6:35 - 7:35P Trea Alpha	FLEX 7-8P Jonathan Bravo	KM1 7-8P Lilly Alpha	KM1 7 - 8P Carl Bravo	FIT to FIGHT 7 - 8P Travis Alpha	META 7 - 7:35P Trea Bravo	FTF YOUTH (9yrs+) 6:15 - 7P Alpha			BLACKBELT 2:30-3:30P (9yrs+) Alpha
COMB 1/2 7:35-8:35P Charles Alpha		KM 3/4 7:35 - 8:35P Trea Alpha		COMB 1/2 8-9P Charles/Arnold Alpha							

Yellow	Krav Maga Level 1
Orange	Krav Maga Level 2
Green/Blue	Krav Maga Level 3/4
Brown/Black	Krav Maga Level 5/6/7
All Levels	Krav Maga All Levels
Alpha	Front Room
Bravo	Back Room

Combatives- COMB 1/2
* Combatives 1/2 is a high-intensity class focusing on all Level 1 & 2 combatives

Meta/Mor/Phys-META
*Meta/Mor/Phys A kettle bell based, functional fitness class.

Fit to Fight
*Fit to Fight fighting drills derived from Muay Thai, boxing & wrestling for SELF DEFENSE

FLEX
* Flex- dynamic stretching and flexibility class