



KRAV MAGA
OFFICIAL TRAINING CENTER

CENTRAL CAMPUS SCHEDULE

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
ADVANCED TRAINING 5:30-7A CJ Alpha	META Annalisa/Parker 5:25-6A Bravo KM 1 6 - 7A Annalisa/Parker Bravo	ADVANCED TRAINING 5:30-7A CJ Alpha	FIT to FIGHT 5:25 - 6:25A Matt Bravo	META 5:25 - 6A KM 1 6 - 7A Charlie Alpha	Matt Alpha KM 2/3 6 - 7A Matt Bravo	KM 5/6/7 5:25 - 7A CJ Alpha		ADVANCED TRAINING 5:30-7A CJ Alpha	META 6 - 7A Bill Bravo	INSTRUCTOR 7-9A Alpha INTRO 9 - 11A CJ/Chris Alpha	ADV TRAINING 7:30-9A CJ Bravo META 9 - 9:35A David Bravo
META 10:30 - 11A	Chris Alpha	ADVANCED TRAINING 11:00A-12:30P CJ Alpha		ADVANCED TRAINING 11:00A-12:30P CJ Alpha		META 11:30 - 12P Chris Alpha	Chris Alpha	META 10:30 - 11A Charles Alpha	Charles Alpha	All Levels 9:35 - 10:35A David Bravo	
KM 1/2 11 - 12P	Chris Alpha	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		KM 1/2 11 - 12P Chris Alpha	Charles Alpha	FTF YOUTH 10:35 - 11:15A (5-8yrs) Bravo	
ADVANCED TRAINING 6-7:30P CJ Alpha		META 6 - 6:35P Arnold Bravo	META 6 - 6:35P Jake Alpha	COMB 1/2 6-7P Jonathan Bravo	META 6:30-7P Carl Alpha	KM 2/3 6:30-7:30P Trea Bravo	ADVANCED TRAINING 6-7:30P CJ Alpha	KM1 6-7P Travis Bravo	FTF YOUTH (5-8yrs) 5:30 - 6:15P Alpha	FTF YOUTH (9yrs+) 6:15 - 7P Alpha	BLACKBELT 1:30-2:30P (5-8yrs) Alpha
KM 1 7:30-8:30P James Alpha	COMB 1/2 7:35-8:35P Arnold Bravo	KM1 6:35 - 7:35P Jake Alpha	FLEX 7-8P Jonathan Bravo	KM 1 7-8P Carl Alpha	KM 3/4 7:30-8:30p Trea Bravo	FIT to FIGHT 7 - 8P Travis Bravo		BLACKBELT 2:30-3:30P (9yrs+) 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