



KRAV MAGA
OFFICIAL TRAINING CENTER

CENTRAL CAMPUS SCHEDULE

2615 Southwest Freeway, Ste.
#260
Houston, TX 77098
(713) 526-2500
info@kravmagahouston.com
www.kravmagahouston.com

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								META 10:30 - 11A Charles Alpha			All Levels 9:35 - 10:35A David Bravo
KM 1/2 11 - 12P Chris Alpha		ADVANCED TRAINING 11:00A-12:30P CJ Alpha		ADVANCED TRAINING 11:00A-12:30P CJ Alpha		META 11:30 - 12P Chris Alpha		KM 1/2 11 - 12P Charles Alpha			FTF YOUTH 10:35 - 11:15A (5-8yrs) Bravo
											FTF YOUTH 11:15-12P (9yrs+) Bravo
		FTF YOUTH 4:30 - 5:15P (5-8yrs) Alpha		BLACKBELT 4:30 - 5:30P (5-8yrs) Alpha		FTF YOUTH 4:30 - 5:15P (5-8yrs) Alpha					
		FTF YOUTH 5:15 - 6P (9yrs+) Alpha		BLACKBELT 5:30 - 6:30P (9yrs+) Alpha		FTF YOUTH 5:15 - 6P (9yrs+) Alpha					
META 6 - 6:35P Arnold Alpha	ADVANCED TRAINING 6-7:30P CJ Bravo	META 6 - 6:35P Jake Alpha	COMB 1/2 6-7P Jonathan Bravo	KM 2/3 6:30-7:30P Trea Alpha	KM 1 6-7P Carl Bravo	KM1 6-7P Travis Alpha	ADVANCED TRAINING 6-7:30P CJ Bravo	FTF YOUTH 5:30 - 6:15P (5-8yrs) Alpha			BLACKBELT 1:30-2:30P (5-8yrs) Alpha
KM 1 6:35 - 7:35P Arnold Alpha		KM1 6:35 - 7:35P Jake Alpha	FLEX 7-8P Jonathan Bravo	KM 3/4 7:30-8:30p Trea Alpha	KM 1 7-8P Carl Bravo	FIT to FIGHT 7 - 8P Travis Alpha		FTF YOUTH 6:15 - 7P (9yrs+) Alpha			BLACKBELT 2:30-3:30P (9yrs+) Alpha
KM 1 7:35-8:30P James Alpha	COMB 1/2 7:35-8:35P Arnold Bravo										

Yellow	Krav Maga Level 1	Combatives- COMB 1/2
Orange	Krav Maga Level 2	* Combatives 1/2 is a high-intensity class focusing on all Level 1 & 2 combatives
Green/Blue	Krav Maga Level 3/4	
Brown/Black	Krav Maga Level 5/6/7	Meta/Mor/Phys-META
All Levels	Krav Maga All Levels	*Meta/Mor/Phys A kettle bell based, functional fitness class.
Alpha	Front Room	
Bravo	Back Room	Fit to Fight
		*Fit to Fight fighting drills derived from Muay Thai, boxing & wrestling for SELF DEFENSE
		FLEX
		* Flex- dynamic stretching and flexibility class