



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 <i>Lilly Room</i>	KRAV ATHLETICS 5:25-6A KM 1 6 - 7A <i>Marni Room</i>		ADVANCED TRAINING 5:30-7A <i>Lilly Room</i>	FIT TO FIGHT 5:25 - 6:25A <i>Marni Room</i>		KRAV ATHLETICS 5:25 - 6A KM 1 6 - 7A <i>Lilly Room</i>	Lilly Room	KM 2/3 6 - 7A <i>Marni Room</i>	Warrior Yoga 530-630A <i>Imi Room</i>	ADVANCED TRAINING 5:30 - 7A <i>Lilly Room</i>	Warrior Yoga 600-700A <i>Imi Room</i>	INSTRUCTOR TRAINING 5:25-7A <i>Lilly Room</i>		Breathing / Meditation 530-600A <i>Imi Room</i>	INSTRUCTOR 730-9A <i>Lilly Room</i>	ADV TRAINING 7:30-9A <i>Marni Room</i>			
		Breathing / Meditation 900-930A <i>Imi Room</i>			Breathing / Meditation 900-930A <i>Imi Room</i>								KRAV ATHLETICS 6 - 7A <i>Marni Room</i>			INTRO 9 - 11A <i>Lilly Room</i>	KRAV ATHLETICS 9 - 9:35A <i>Marni Room</i>		
KRAV ATHLETICS 10:30 - 11A KM 1/2 11 - 12P <i>Lilly Room</i>		Warrior Yoga 930-1030A <i>Imi Room</i>	ADVANCED TRAINING 11:00A-12:30P <i>Lilly Room</i>		Warrior Yoga 930-1030A <i>Imi Room</i>	ADVANCED TRAINING 11:00A-12:30P <i>Lilly Room</i>				KRAV ATHLETICS 11:30 - 12P KM 1/2 12 - 1P <i>Lilly Room</i>			KRAV ATHLETICS 10:30 - 11A KM 1/2 11 - 12P <i>Lilly Room</i>				All Levels 9:35 - 10:35A <i>Marni Room</i>	Warrior Yoga 1000-1100A <i>Imi Room</i>	
				FTF YOUTH (5-8yrs) 4:30 - 5:15P <i>Lilly Room</i>		BLACKBELT (5-8yrs) 4:30 - 5:30P <i>Lilly Room</i>				FTF YOUTH (5-8yrs) 4:30 - 5:15P <i>Lilly Room</i>							FTF YOUTH (5-8yrs) 10:35 - 11:15A <i>Marni Room</i>		
TEEN CLASS (13-15yrs) 5:15 - 6:15P <i>Lilly Room</i>			FTF YOUTH (9yrs+) 5:15 - 6P <i>Lilly Room</i>		BLACKBELT (9yrs+) 5:30 - 6:30P <i>Lilly Room</i>					FTF YOUTH (9yrs+) 5:15 - 6P <i>Lilly Room</i>							FTF YOUTH (9yrs+) 11:15-12P <i>Marni Room</i>		
KRAV ATHLETICS 6:15 - 6:45P <i>Lilly Room</i>	ADVANCED TRAINING 6-7:30P <i>Marni Room</i>	Breathing / Meditation 615-645P <i>Imi Room</i>	KRAV ATHLETICS 6:15-6:45P <i>Lilly Room</i>	COMB 1/2 6:15-7:15P <i>Marni Room</i>	FTF YOUTH 6:15-7p 5-8 Years <i>Imi Room</i>	KM 2/3 6:45-7:45P <i>Lilly Room</i>	KM 1 6:15P-7:15P <i>Marni Room</i>	Warrior Yoga 615-715P <i>Imi Room</i>	KM1/2 6:15P-7:15P <i>Lilly Room</i>	ADVANCED TRAINING 6:00-7:30P <i>Marni Room</i>									
		Warrior Yoga 645-745P <i>Imi Room</i>	KM1 6:45-7:45P <i>Lilly Room</i>	KRAV ATHLETICS 7:15-7:50P <i>Marni Room</i>	FTF YOUTH 7-7:450P 9+ years <i>Imi Room</i>	KM 3/4 7:45P-8:45P <i>Lilly Room</i>	KM 1 7:15-8:15P <i>Marni Room</i>			FIT TO FIGHT 7:15P-8:15P <i>Lilly Room</i>				FTF YOUTH (5-8yrs) 5:30 - 6:15P <i>Lilly Room</i>					
														FTF YOUTH (9yrs+) 6:15 - 7P <i>Lilly Room</i>			BLACKBELT 1:30-2:30P (5-8yrs) <i>Lilly Room</i>		
																		BLACKBELT 2:30-3:30P (9yrs+) <i>Lilly Room</i>	
KM 1 7:45-8:45P <i>Lilly Room</i>	COMB 1/2 7:45-8:45P <i>Marni Room</i>	KM 2/3 7:45-8:45P <i>Imi Room</i>	Heavy Bag 7:45-8:45P <i>Lilly Room</i>		Warrior Yoga 745-845P <i>Imi Room</i>														

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
Lilly Room	Front Room
Marni Room	Back Room

Combatives- COMB 1/2

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

Krav Athletics

* Krav Athletics is a high intensity class designed to improve all 10 domains of fitness

Fit to Fight

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

Heavy Bag

* Heavy Bag Class- learn bag combinations with punches and kicks