



KRAV MAGA
OFFICIAL TRAINING CENTER

WEST CAMPUS SCHEDULE

20702 Katy Freeway
Katy, TX 77449
832-776-9435
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www.kravmagahouston.com

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | |
|--|--|---|-------------------|--|--|---|--------------------------|--|--|--|--|
| Krav Athletics 5:30A-6A Alpha Room | | Krav Athletics 5:30A-6A Alpha Room | | Krav Athletics 5:30A-6A Alpha Room | | Krav Athletics 5:30A-6A Alpha Room | | Krav Athletics 5:30A-6A Alpha Room | | | |
| KM 1 6A-7A Alpha Room | | KM 1 6A-7A Alpha Room | | KM 1 6A-7A Alpha Room | | KM 1 6A-7A Alpha Room | | KM 1 6A-7A Alpha Room | | | |
| | | | | | | | | | | | |
| Krav Athletics 10:30 - 11A Alpha Room | | | | Krav Athletics 10:30 - 11A Alpha Room | | | | Krav Athletics 10:30 - 11A Alpha Room | | Krav Athletics 10:30-11A Alpha Room | KMH Youth 5-8yr 10:30-11:15A Bravo Room |
| KM 1/2 11 - 12P Alpha Room | | | | KM 1/2 11 - 12P Alpha Room | | | | KM 1/2 11 - 12P Alpha Room | | KM 1 11A-12P Alpha Room | KMH Youth 9yr+ 11:15A -12P Bravo Room |
| | | Krav Athletics 6:00-6:30P Alpha Room | | | | | | | | | |
| Krav Athletics 6:00-6:30P Alpha Room | KMH Youth 5-8yr 6:00-6:45p Bravo Room | KM 1 6:30P-7:30P | KM 2 6:30-730P | Krav Athletics 6:00-6:30P Alpha Room | KMH Youth 5-8yr 6:00-6:45p Bravo Room | Krav Athletics 6:00-6:30P Alpha Room | | | | | |
| KM 1 6:30P-7:30P Alpha Room | KMH Youth 9yr+ 6:45-7:30p Bravo Room | Combatives 7:30-8:15P | | KM 1 6:30P-7:30P Alpha Room | KMH Youth 9yr+ 6:45-7:30p Bravo Room | KM 1 6:30P-7:30P | Combatives 7:30-8:15P | | | | |

Krav Athletics

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

KMH Youth

* KMH Youth- Self Defense classes for kids ages 5 and up

*schedule is subject to change