



Central Campus Schedule

2615 Southwest Freeway

Suite #260

Houston, TX 77098

713-526-2500

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
Lilly	Marni	Imi	Lilly	Marni	Imi	Lilly	Marni	Imi	Lilly	Marni	Imi	Lilly	Marni	Imi	Lilly	Marni	Imi
Advanced Training 545-7A	Krav Athletics 530-6A KM 1 6-7A		Advanced Training 545-7A	Fit To Fight 525-625A		Krav Athletics 525-6A KM 1 6-7A	Warrior Yoga 530-630A KM 2/3 6-7A		Advanced Training 545-7A	Warrior Yoga 6-7A		Instructor Training 530-7A	Krav Athletics 6-7A	Breath & Meditation 530-6A Warrior Yoga 6-7A	Instructor Training 730-9A	Advanced Training 730-9A	
		Warrior Yoga 930-1030A			Warrior Yoga 930-1030A										Krav Maga Intro 9-11A	Krav Athletics 9-930A KM All Levels 930-1030A KM Youth 5-8 Yrs 1035-1115A KM Youth 9+ Yrs 1115-12P	Warrior Yoga 10-11A
Krav Athletics 1030-11A KM 1/2 11-12P			Advanced Training 11-1230P			Advanced Training 11-1230P			Krav Athletics 1130-12P KM 1/2 12-1P			Krav Athletics 1030-11A KM 1/2 11-12P					
				KM Youth 5-8 Yrs 430-515P			Youth Master Program 5-8 Yrs 430-530P			KM Youth 5-8 Yrs 430-515P							
				KM Youth 9+ Yrs 515-6P			Youth Master Program 9+ Yrs 530-630P			KM Youth 9+ Yrs 515-6P				KM Youth 5-8 Yrs 530-615P		Youth Master Program 5-8 Yrs 130-230P	
Krav Athletics 615-645P	Advanced Training 6-730P	Breath & Meditation 615-645P	Krav Athletics 615-645P	KM Youth 5-8 Yrs 615-7P	Comb 1/2 615-715P	KM 2/3 645-745P	KM 1 615-715P		KM 1/2 615-715P	Advanced Training 6-730P	Warrior Yoga 615-715P			KM Youth 9+ Yrs 615-7P		Youth Master Program 9+ Yrs 230-330P	
KM 1/2 645-745P		Warrior Yoga 645-745P	KM 1/2 645-745P	KM Youth 9+ Yrs 7-745P	Krav Athletics 715-7:50	KM 3/4 745-845P	KM 1 715-815P		Fit To Fight 715-815P		Breath & Meditation 715-745P			KM Youth Weapons L4/5/6 9+ Yrs 7-730P		Youth Master Program 9+ Fight Elements 330-4P	
KM 1/2 745-845P	Comb 1/2 745-845P	KM 2/3 745-845P	Heavy Bag 750-850P		Warrior Yoga 750-850P					Comb 1/2 735-835P						Youth Master Program 9+ Weapons 4-430P	

