



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
	Krav Athletics 530-6A		Advanced Training 545-7A	Advanced Combatives 525-625A		Krav Athletics 525-6A	Warrior Yoga 530-630A		Advanced Training 545-7A			Instructor Training 530-7A	Krav Athletics 6-7A		Instructor Training 730-9A	Advanced Training 730-9A	
	KM 1 6-7A					KM 1 6-7A	KM 2/3 6-7A						Warrior Yoga 6-7A				
		Warrior Yoga 930-1030A		Advanced Training 11-1215P		Advanced Training 11-1215P			Krav Athletics 1130-12P			Krav Athletics 1030-11A			KM Intro 9-11A	Krav Athletics 9-930A	
Krav Athletics 1030-11A									KM 1/2 12-1P			KM 1/2 11-12P				KM All Levels 930-1030A	Warrior Yoga 10-11A
KM 1/2 11-12P																KM Youth 5-8 Yrs 1035-1115A	
			KM Youth 5-8 Yrs 430-515P			Youth Master Program 5-8 Yrs 430-530P			KM Youth 5-8 Yrs 430-515P			KM Youth 5-8 Yrs 530-615P				KM Youth 9+ Yrs 1115-12P	
			Teen Class 515-615P			Youth Master Program 9+ Yrs 530-630P			KM Youth 9+ Yrs 515-6P			KM Youth 9+ Yrs 615-7P			KM Youth Master Program 5-8 Yrs 130-230P		
Krav Athletics 615-645P	Comb 1/2 615-715P		Krav Athletics 615-645P	KM Youth 5-8 Yrs 615-7P	Advanced Training 6-730P	KM 2/3 645-745P			KM 1/2 615-715P	Advanced Training 6-730P	Warrior Yoga 615-715P	KM Youth Weapons L4/5/6 9+ Years 7-730P			KM Youth Master Program 9+ Yrs 230-330P		
KM 1/2 645-745P	Krav Athletics 715-7:50		KM 1/2 645-745P	KM Youth 9+ Yrs 7-745P		KM 3/4 745-845P			Advanced Combatives 715-815P		Breath & Meditation 715-745P				KM Youth Master Program 9+ Fight Elements 330-4P		
KM 1/2 745-845P		KM 2/3 745-845P	Heavy Bag 750-850P		Warrior Yoga 750-850P					Comb 1/2 735-835P				KM Youth Master Program 9+ Weapon 4-430P			

