



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					
		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	
KM 1/2 11 - 12P Alpha Room		Combatives 11-12P Alpha Room		KM 1/2 11 - 12P Alpha Room		Combatives 11-12P Alpha Room		KM 1/2 11 - 12P Alpha Room		KM 1 11A-12P Alpha Room	
						Youth Combatives Ages 9+ 5-6P Bravo Room					
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		KMH Youth 5-8yr 6:00-6:45p Bravo Room		Teen Class 13-17 yr 6:00-7:00p Bravo Room			
KM 1 6:30P-7:30P Alpha Room		KMH Youth 9yr+ 6:45-7:30p Bravo Room		KM 2/3 6:30P-7:30P Alpha Room		KM 1 6:30P-7:30P Alpha Room		KMH Youth 9yr+ 6:45-7:30p Bravo Room		Krav Athletics 6:00-6:30p Bravo Room	
		Combatives 7:30-8:15P		Teen Class 13-17 yr 7:30-8:15p 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

KM 2/3

*Krav Maga Level 2 and 3 - Must have successfully completed Level 1 exam

*schedule is subject to change