



KRAV MAGA OFFICIAL TRAINING CENTER

WEST CAMPUS SCHEDULE

20702 Katy Freeway
Katy, TX 77449
832-776-9435
info@kravmagahouston.com
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	KMH Youth 5-8yr 10:30-11:15A Bravo 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	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	Youth Combatives Ages 9+ 5-6P 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	Combatives 7:30-8:15P		KM 1 6:30P-7:30P Alpha Room	KMH Youth 9yr+ 6:45-7:30p Bravo Room	Krav Athletics 6:00-6:45p Bravo Room	KM 1 6:30P-7:30P	Combatives 7:30-8:15P			
				Teen Class 13-17 yr 7:30-8:15p Bravo Room	7:30-8:15p Bravo Room						

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