



KRAV MAGA[®]

OFFICIAL TRAINING CENTER

CENTRAL CAMPUS

SCHEDULE

2615 Southwest Freeway, Ste. #260
 Houston, TX 77098
 (713) 526-2500
 info@kravmagahouston.com
 www.kravmagahouston.com

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY				
ADVANCED TRAINING 5:30-7A Lilly Room	KRAV ATHLETICS 5:25-6A Marni Room KM 1 6-7A Marni Room	ADVANCED TRAINING 5:30-7A Lilly Room	FIT TO FIGHT 5:25-6:25A Marni Room	KRAV ATHLETICS 5:25-6A Lilly Room KM 1 6-7A Lilly Room	Lilly Room KM 2/3 6-7A Marni Room	Warrior Yoga Imi 530-630A	ADVANCED TRAINING 5:30-7A Lilly Room	Warrior Yoga Imi 600-700A	INSTRUCTOR TRAINING 5:25-7A Lilly Room	KRAV ATHLETICS 6-7A Marni Room	Breathing or Meditation Imi 530-600A Warrior Yoga Imi 600-700A	INSTRUCTOR 7-9A Lilly Room INTRO 9-11A Lilly Room	ADV TRAINING 7:30-9A Marni Room KRAV ATHLETICS 9-9:35A Marni Room All Levels 9:35-10:35A Marni Room FTF YOUTH 10:35-11:15A (5-8yrs) Marni Room FTF YOUTH 11:15-12P (9yrs+) Marni Room	Warrior Yoga Imi 1000-1100A
KRAV ATHLETICS 10:30-11A Lilly Room KM 1/2 11-12P Lilly Room	Warrior Yoga Imi 930-1030A	ADVANCED TRAINING 11:00A-12:30P Lilly Room	Warrior Yoga Imi 930-1030A	ADVANCED TRAINING 11:00A-12:30P Lilly Room			KRAV ATHLETICS 11:30-12P Lilly Room KM 1/2 12-1P Lilly Room		KRAV ATHLETICS 10:30-11A Lilly Room KM 1/2 11-12P Lilly Room					
TEEN CLASS 5:15-6:15P (13-15yrs) Lilly Room KRAV ATHLETICS 6:15-6:45P Lilly Room KM 1/2 6:45-7:45P Lilly Room KM 1 7:45-8:45P Lilly Room	ADVANCED TRAINING 6-7:30P Marni Room	Breathing or Meditation Imi 615-645P Warrior Yoga Imi 645-745P	KRAV ATHLETICS 6:15-6:45P Lilly Room COMB 1/2 6:15-7:15P Marni Room KM1 6:45-7:45P Lilly Room KRAV ATHLETICS 7:15-7:50P Marni Room TEEN CLASS 13-15 YRS 750-850P	FTF YOUTH 6:15-7:00P 5-8 Years Imi FTF YOUTH 7:00-7:45p 9+ years Imi Warrior Yoga Imi 745-845p	KM 2/3 6:45-7:45P Lilly Room KM 3/4 7:45P-8:45P Lilly Room	KM 1 6:15P-7:15P Marni Room KM 1 7:15-8:15P Marni Room	FTF YOUTH 5:15-6P (5-8yrs) Lilly Room KM1/2 6:15P-7:15P Lilly Room FIT TO FIGHT 7:15P-8:15P Lilly Room	ADVANCED TRAINING 6:00-7:30P Marni Room COMB 1/2 7:35-8:35P Marni Room	Warrior Yoga Imi 645-745p Breathing or Meditation Imi 745-815p	FTF YOUTH 5:30-6:15P (5-8yrs) Lilly Room FTF YOUTH 6:15-7P (9yrs+) Lilly Room			BLACKBELT 1:30-2:30P (5-8yrs) Lilly Room BLACKBELT 2:30-3:30P (9yrs+) Lilly Room	

Yellow	Krav Maga Level 1
Orange	Krav Maga Level 2
Green/Blue	Krav Maga Level 3/4
Brown/Black	Krav Maga Level 5/6/7
All Levels	Krav Maga All Levels
Lilly Room	Front Room
Marni Room	Back Room

- Combatives- COMB 1/2**
- * Combatives 1/2 is a high-intensity class focusing on all Level 1 & 2 combatives
- Krav Athletics**
- * Krav Athletics is a high intensity class designed to improve all 10 domains of fitness
- Fit to Fight**
- *Fit to Fight fighting drills derived from Muay Thai, boxing & wrestling for SELF DEFENSE
- Heavy Bag**
- * Heavy Bag Class- learn bag combinations with punches and kicks