

818.996.7180**CLASS SCHEDULE****www.houseofchampions.com**

MON	TUES	WED	THUR	FRI	SAT
10:00-11:00 CARDIO MMA Teens & Adults	10:00-11:00 MUAY THAI Teens & Adults	10:00-11:00 CARDIO MMA Teens & Adults	10:00-11:00 MUAY THAI Teens & Adults		9:00-10:00 ARJUKENPO Teens & Adults
4:30-5:00 ARJUKENPO Wht Belts 3 & 4 year olds	11:30-12:30 MMA Teens & Adults	4:30-5:00 ARJUKENPO Wht Belts 3 & 4 year olds	11:30-12:30 MMA Teens & Adults		9:00-10:00 KICKBOXING Teens & Adults
5:00-5:45 KIDS KICKBOXING 6-10 year olds	4:30-5:00 ARJUKENPO Colored Belts 3 & 4 year olds	5:00-5:45 KIDS KICKBOXING 6-10 year olds	4:30-5:00 ARJUKENPO Colored Belts 3 & 4 year olds		9:30-10:00 WEAPONS Beginners 8-15 year olds
5:00-5:45 ARJUKENPO Wht-Org Belts 5-8 year olds	5:15-6:00 ARJUKENPO Pur-Blu Belts 5-7 year olds	5:00-5:45 ARJUKENPO Wht-Org Belts 5-8 year olds	5:15-6:00 ARJUKENPO Pur-Blu Belts 5-7 year olds		10:00-10:30 WEAPONS Advanced 8-15 year olds
5:45-6:45 CARDIO KPC Teens & Adults	5:30-6:30 KICKBOXING Teens & Adults	5:45-6:45 CARDIO KPC Teens & Adults	5:30-6:30 KICKBOXING Teens & Adults	5:30-6:15 KIDS KICKBOXING 6-15 year olds	10:00-10:30 ARJUKENPO 3 & 4 year olds (all levels)
5:45-6:30 KIDS KICKBOXING 11-15 year olds	6:00-6:45 ARJUKENPO Pur-Blu Belts 8-10 year olds	5:45-6:30 KIDS KICKBOXING 11-15 year olds	6:00-6:45 ARJUKENPO Pur-Blu Belts 8-10 year olds	6:15-7:00 KIDS MMA 8-15 year olds	10:30-11:30 ESKRIMA Teens & Adults
6:30-7:15 ARJUKENPO Wht to Org Belts 9-15 year olds	6:30-7:30 CARDIO MMA Teens & Adults	6:30-7:15 ARJUKENPO Wht to Org Belts 9-15 year olds	6:30-7:30 CARDIO MMA Teens & Adults	7:00-8:00 BOXING Teens & Adults	10:30-11:15 ARJUKENPO 5-8 year olds (all levels)
6:30-7:30 KIDS MMA 8-15 year olds	6:45-7:30 ARJUKENPO Grn-Blk Belts 11-15 year olds	6:30-8:00 BRAZILIAN JIUJITSU (Gi req'd)	6:45-7:30 ARJUKENPO Grn-Blk Belts 11-15 year olds		11:15-12:00 ARJUKENPO 9-15 year olds (all levels)
7:15-8:15 MUAY THAI Teens & Adults	7:30-8:30 BOXING Teens & Adults	7:15-8:15 MUAY THAI Teens & Adults	7:30-8:30 ARJUKENPO Teens & Adults		12:00-12:45 POINT SPARRING (all ages & levels)
7:30-8:30 ARJUKENPO Teens & Adults	7:30-8:30 ESKRIMA Teens & Adults	7:30-8:30 BOXING Teens & Adults	7:30-8:30 BRAZILIAN JIUJITSU/MMA (No Gi)		12:00-1:30 BRAZILIAN JIUJITSU/MMA (No Gi)
8:30-9:30 BRAZILIAN JIUJITSU (No Gi)			7:30-8:30 ESKRIMA Teens & Adults		12:00-1:00 KAPAP Teens & Adults