

HOUSE OF CHAMPIONS

CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00-11:00 Wrestling	10:00-11:00 Kickboxing	10:00-11:00 Wrestling	10:00-11:00 Kickboxing		9:00-10:00 Kickboxing	10:00-11:00 Warrior Fit
11:00-12:00 MMA	11:00-12:00 MMA	11:00-12:00 MMA	11:00-12:00 MMA		10:00-11:30 Eskrima	11:00-12:00 Boxing
5:45-6:30 Kids Kickboxing Purple Sash & Up 9-15 yrs	5:00-5:45 Kids Kickboxing 6-8 yrs	5:45-6:30 Kids Kickboxing Purple Sash & Up 9-15 yrs	5:00-5:45 Kids Kickboxing 6-8 yrs	5:00-6:30 Hurricanes	11:30-12:30 Jujitsu	
5:45-6:30 Warrior Fit	5:45-6:30 Kids Kickboxing 9-15 yrs	5:45-6:30 Warrior Fit	5:45-6:30 Kids Kickboxing 9-15 yrs	5:30-6:15 Kids Kickboxing Purple Sash & Up	12:15-1:30 Kapap	
6:30-7:15 Kids MMA 8-15 yrs	6:30-7:30 Kickboxing	6:30-7:30 Jujitsu	6:30-7:30 Kickboxing	6:15-7:00 Kids MMA 8-15 yrs		
7:15-8:15 Muay Thai	7:30-8:30 Boxing	7:15-8:15 Muay Thai	7:30-8:30 Jujitsu	7:00-8:00 Boxing		
8:15-9:15 Jujitsu	8:00-8:45 Core & Conditioning	7:30-8:30 Boxing	8:00-8:45 Core & Conditioning			
8:15-9:15 Eskrima		8:15-9:15 Eskrima				