

HOUSE OF CHAMPIONS

Adults / Teens

6,500 sq ft FACILITY IS AVAILABLE FOR RENT
FOR FILM SHOOTS, GROUP CLASSES, PRIVATE
INSTRUCTION, SPECIAL EVENTS, ETC.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30a -10:30a HOC Kickboxing	9:30a -10:30a HOC Hollywood <i>(Fights & Stunts)</i>	9:30a -10:30a HOC Kickboxing	9:30a -10:30a HOC Hollywood <i>(Fights & Stunts)</i>		9:30a -10:30a HOC Kickboxing
10:30a -11:30a HOC MMA <i>(KB & Jiu Jitsu)</i>		10:30a -11:30a HOC MMA <i>(KB & Jiu Jitsu)</i>			10:30a - 11:30a HOC Eskrima <i>(Filipino Fighting Arts)</i>
5:45p - 6:30p HOC Eskrima <i>(Filipino Fighting Arts)</i>					10:30a -11:30a <i>Krav Maga</i>
6:30p -7:15p HOC Karate	6:45p -7:30p HOC Karate Pur - Grn	6:30p -7:15p HOC Karate	6:45p -7:30p HOC Karate Pur - Grn		11:30a -12:30a HOC <i>Self-Defense</i>
7:15p -8:15p HOC Kickboxing	6:15p -7:15p HOC Kickboxing	7:15p -8:15p HOC Kickboxing	6:15p -7:15p HOC Kickboxing		1:00p - 2:00p <i>(Class 1)</i> TAI CHI CHUAN CARDIO FITNESS CIRCUIT TRAINING 2:00p - 3:00p <i>(Class 2)</i> MARTIAL COMBAT SELF-DEFENSE WEAPONS
	7:30p -8:30p HOC Boxing		7:30p -8:30p HOC Boxing		
7:15p - 8:15p HOC MMA <i>(KB & Jiu Jitsu)</i>	7:15p - 8:15p HOC MMA <i>(KB & Jiu Jitsu)</i>	7:15p - 8:15p HOC MMA <i>(KB & Jiu Jitsu)</i>	7:15p - 8:15p HOC MMA <i>(KB & Jiu Jitsu)</i>		
8:15p -9:15p HOC Warriors <i>(Cardio Fitness)</i>	8:30p -9:30p HOC Warriors <i>(Combat Fitness)</i>	8:15p -9:15p HOC Warriors <i>(Cardio Fitness)</i>	8:30p -9:30p HOC Warriors <i>(Combat Fitness)</i>	5:00p -7:30p Open Floor	<i>privates available inquire at reception</i>

Monday 9:00a - 12p / 3:30p - 9:30p
Thursday 9:00a - 12p / 3:30p - 9:30p

Tuesday 9:00a - 12p / 3:30p - 9:30p
Friday 4:45p - 7:45p

Wednesday 9:00a - 12p / 3:30p - 9:30p
Saturday 9:00a - 12:30p / Sun CLOSED