

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
9:30-10:30 Muay Thai Kickboxing	9:30-10:30 Warrior Fitness	9:30-10:30 Muay Thai Kickboxing	9:30-10:30 Warrior Fitness		9:30-10:30 Kickboxing
10:30-11:30 Jiu-Jitsu MMA		10:30-11:30 Jiu-Jitsu MMA			10:30-11:30 Eskrima Filipino Fighting Arts
5:45-6:30 Eskrima					10:30-11:30 Krav Maga
6:30-7:15 Arjukenpo Karate	6:45-7:30 Arjukenpo Karate Pur - Grn Belts	6:30-7:15 Arjukenpo Karate	6:45-7:30 Arjukenpo Karate Pur - Grn Belts		11:30-12:30 Women's Self-Defense
7:15-8:15 Muay Thai Kickboxing	6:15-7:15 Kickboxing	7:15-8:15 Muay Thai Kickboxing	6:15-7:15 Kickboxing		1:00 - 2:00 (Class 1) TAI CHI CHUAN CARDIO FITNESS CIRCUIT TRAINING 2:00 - 3:00 (Class 2) MARTIAL COMBAT SELF-DEFENSE WEAPONS
	7:30-8:30 Boxing		7:30-8:30 Boxing		
7:15-8:15 MMA	7:15-8:15 MMA	7:15-8:15 MMA	7:15-8:15 MMA		
8:15-9:15 Warrior Fitness	8:30-9:30 Warrior Fitness	8:15-9:15 Warrior Fitness	8:30-9:30 Warrior Fitness	6:30-7:30 Warrior Fitness	<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