

Mon - Thur 9:00a - 1:00p / 3:00p - 9:00p
 Friday 4:30p - 7:00p Saturday 9:00a - 1:00p
 17228 Saticoy Street - West Van Nuys, CA 91406 - 818 996 7180

HOUSE OF CHAMPIONS

ADULTS / TEENS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30a - 10:30a HOC Warrior Fitness	9:30a - 10:30a HOC Warrior Fitness	9:30a - 10:30a HOC Warrior Fitness	9:30a - 10:30a HOC Warrior Fitness		9:15a - 10:15a HOC Warrior Fitness
10:30a - 11:30a HOC Hollywood* <i>(Fights-Stunts-Weapons)</i>		10:30a - 11:30a HOC Hollywood* <i>(Fights-Stunts-Weapons)</i>			10:15a - 11:15a Filipino Martial Arts <i>(Stick/Knife Fighting)</i>
10:30a - 12:00p HOC Fighters <i>(PRO / AM)</i>		10:30a - 12:00p HOC Fighters <i>(PRO / AM)</i>			10:15a - 11:15p HOC Kapop Krav Maga
Rock Steady Boxing* 11a - 12p: Level 1 12p - 1p: Level 2	Rock Steady Boxing* 11a - 12p: Level 1 12p - 1p: Level 2		Rock Steady Boxing* 11a - 12p: Level 1 12p - 1p: Level 2		Rock Steady Boxing* 12p - 1p: Level 1 & 2
6:15p - 7:15p HOC Karate		6:15p - 7:15p HOC Karate			<i>SIFU JESSE MIRANDA MARTIAL COMBAT SELF-DEFENSE KUNG FU / TAI CHI WING CHUN WEAPONS PRIVATE LESSONS - by appointment only - Adult / Child / Group lessons available</i>
7:15p - 8:15p HOC Muay Thai Kickboxing	6:30p - 7:30p HOC Muay Thai Kickboxing	7:15p - 8:15p HOC Muay Thai Kickboxing	6:30p - 7:30p HOC Muay Thai Kickboxing		
	7:30p - 8:30p Rock Steady Boxing* Level 2		7:30p - 8:30p Rock Steady Boxing* Level 2		
	7:30p - 8:30p HOC Boxing	6:15p - 7:15p HOC Kapop Krav Maga	7:30p - 8:30p HOC Boxing		
7:15p - 8:15p HOC MMA	7:30p - 8:30p HOC MMA	7:15p - 8:15p HOC MMA	7:30p - 8:30p HOC MMA		
				6,500 sq ft FACILITY RENTAL FOR FILMS, GROUPS, PRIVATES, BIRTHDAYS & SPECIAL EVENTS	

* terms & conditions apply

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