

**BIRTHDAY PARTIES - CHARITY EVENTS
CUB SCOUTS/GIRL SCOUTS - ANTI-BULLY**

17228 Saticoy Street - West Van Nuys, CA 91406 - 818 996 7180

**CLASS SCHEDULE
TEENS / KIDS**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:30p - 4:00p HOC Karate Wht - Yell - Org 6 - 8 yrs	3:30p - 4:00p HOC Karate Tiny Tigers 4 - 5 yrs - <i>Beg</i>	3:30p - 4:00p HOC Karate Wht - Yell - Org 6 - 8 yrs	3:30p - 4:00p HOC Karate Tiny Tigers 4 - 5 yrs - <i>Beg</i>	HOC HURRICANES TEAM Karate Comp Team	10:15a - 11:15a Filipino Martial Arts <i>(Stick/Knife Fighting)</i>
4:00 - 4:45p HOC Karate Pur - Blu 8 - 10 yrs	4:00p - 4:30p HOC Karate Lil'Dragons 4 - 5 yrs - <i>Int</i>	4:00 - 4:45p HOC Karate Pur - Blu 8 - 10 yrs	4:00p - 4:30p HOC Karate Lil'Dragons 4 - 5 yrs - <i>Int</i>		10:30a - 11:15a HOC Muay Thai Kickboxing 7 - 12 yrs - <i>Beg</i>
4:00p - 4:45p HOC Muay Thai Kickboxing 7 - 10 yrs	4:30p - 5:00p HOC Karate Wht - Yell - Org 6 - 8 yrs	4:00p - 4:45p HOC Muay Thai Kickboxing 7 - 10 yrs	4:30p - 5:00p HOC Karate Wht - Yell - Org 6 - 8 yrs	5:00p - 5:45p HOC Karate Wht - Yell - Org	11:15a - 12:00p HOC Karate Wht - Yell - Org
4:45p - 5:30p HOC Karate Red - Brn - Blk	5:00p - 5:45p HOC Muay Thai Kickboxing 11 - 15 yrs	4:45p - 5:30p HOC Karate Red - Brn - Blk	5:00p - 5:45p HOC Muay Thai Kickboxing 11 - 15 yrs	5:00p - 5:45p HOC Muay Thai Kickboxing 7 - 12 yrs - <i>Beg</i>	11:15a - 12:00pm HOC MMA <i>(KB & Jiu Jitsu)</i> 9 - 16 yrs
4:45p - 5:30p HOC Karate Wht - Yell - Org 9 - 15 yrs	5:00p - 5:45p HOC Karate Pur - Blu 8 - 11 yrs	4:45p - 5:30p HOC Karate Wht - Yell - Org 9 - 15 yrs	5:00p - 5:45p HOC Karate Pur - Blu 8 - 11 yrs	5:45p - 6:30p HOC MMA <i>(KB & Jiu Jitsu)</i> 9 - 16 yrs	<p><i>SIFU</i> JESSE MIRANDA</p> <p>KIDS SUPERHERO FITNESS</p> <p>MARTIAL COMBAT SELF-DEFENSE KUNG FU / TAI CHI WING CHUN WEAPONS</p> <p>PRIVATE LESSONS - by appointment only -</p> <p>Adult / Child / Group lessons available</p>
5:30p - 6:15p HOC Muay Thai Kickboxing 11 - 15 yrs	5:45p - 6:30p HOC Muay Thai Kickboxing 7 - 10 yrs	5:30p - 6:15p HOC Muay Thai Kickboxing 11 - 15 yrs	5:45p - 6:30p HOC Muay Thai Kickboxing 7 - 10 yrs	5:45p - 6:30p HOC Muay Thai Kickboxing 7 - 12 yrs - <i>Int/Adv</i>	
5:30p - 6:15p HOC Karate Green 9 - 12 yrs	5:45p - 6:30p HOC Karate Wht - Yell - Org 9 - 15 yrs	5:30p - 6:15p HOC Karate Green 9 - 12 yrs	5:45p - 6:30p HOC Karate Wht - Yell - Org 9 - 15 yrs		
6:15p - 7:15p HOC Karate 16 yrs & up	6:30p - 7:15p HOC Karate Pur - Blu 11 - 15 yrs	6:15p - 7:15p HOC Karate 16 yrs & up	6:30p - 7:15p HOC Karate Pur - Blu 11 - 15 yrs		
6:15p - 7:15p HOC MMA <i>(KB & Jiu Jitsu)</i> 9 - 12 yrs	6:30p - 7:30p HOC MMA <i>(KB & Jiu Jitsu)</i> 13 - 16 yrs	6:15p - 7:15p HOC MMA <i>(KB & Jiu Jitsu)</i> 9 - 12 yrs	6:30p - 7:30p HOC MMA <i>(KB & Jiu Jitsu)</i> 13 - 16 yrs		