

Mon - Thur 9:00a - 12:00p / 3:00p - 8:30p
 Friday: CLOSED Saturday 9:00a - 12:00p
 17228 Saticoy Street - West Van Nuys, CA 91406 - 818 996 7180

"THE YARD" @ The House of Champions

CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	SPECIALTIES	Saturday
9:00a - 10:00a Muay Thai / Boxing Kickboxing (Teens and Adults)	9:00a - 10:00a Muay Thai / Boxing Kickboxing (Teens and Adults)	9:00a - 10:00a Muay Thai / Boxing Kickboxing (Teens and Adults)	9:00a - 10:00a Muay Thai / Boxing Kickboxing (Teens and Adults)	MONDAY 3:00p - 3:30p Karate ZOOM*	9:00a - 10:00a Muay Thai / Boxing Kickboxing (Teens and Adults)
3:30p - 4:00p Arjukenpo Karate (4 - 5 year olds)	3:30p - 4:00p Muay Thai /Boxing Kickboxing (4 - 5 year olds)	3:30p - 4:00p Arjukenpo Karate (4 - 5 year olds)	3:30p - 4:00p Muay Thai /Boxing Kickboxing (4 - 5 year olds)	TUESDAY 3:00p - 3:30p Kickboxing ZOOM*	10:00a - 10:45a Muay Thai / Boxing Kickboxing (6 - 12 year olds)
4:00p - 4:45p Arjukenpo Karate (6 - 12 year olds)	4:00p - 4:45p Muay Thai / Boxing Kickboxing (6 - 12 year olds)	4:00p - 4:45p Arjukenpo Karate (6 - 12 year olds)	4:00p - 4:45p Muay Thai / Boxing Kickboxing (6 - 12 year olds)	WEDNESDAY 3:00p - 3:30p Karate ZOOM*	10:00a - 11:00a Cacoy Canete Doces Pares Eskrima (Teens and Adults)
4:45p - 5:30p Arjukenpo Karate (6 - 12 year olds)	4:45p - 5:30p Muay Thai / Boxing Kickboxing (6 - 12 year olds)	4:45p - 5:30p Arjukenpo Karate (6 - 12 year olds)	4:45p - 5:30p Muay Thai / Boxing Kickboxing (6 - 12 year olds)	THURSDAY 3:00p - 3:30p Kickboxing ZOOM*	11:00a - 11:45a Arjukenpo Karate (6 - 12 year olds)
4:45p - 5:30p P.E. @ H.O.C. (6 - 10 year olds) (11 - 18 year olds)	4:45p - 5:30p P.E. @ H.O.C. (6 - 10 year olds) (11 - 18 year olds)	4:45p - 5:30p P.E. @ H.O.C. (6 - 10 year olds) (11 - 18 year olds)	4:45p - 5:30p P.E. @ H.O.C. (6 - 10 year olds) (11 - 18 year olds)	MONDAY 10:00am - 11:00am Rock Steady Boxing*	SIFU JESSE MIRANDA SUPERHERO KIDS FITNESS MARTIAL COMBAT SELF-DEFENSE KUNG FU / TAI CHI WING CHUN WEAPONS <i>Adult / Child / Group lessons available (by appointment only)</i>
5:30p - 6:15p Arjukenpo Karate (Teens and Adults)	5:30p - 6:15p Muay Thai / Boxing Kickboxing (Teens and Adults)	5:30p - 6:15p Arjukenpo Karate (Teens and Adults)	5:30p - 6:15p Muay Thai / Boxing Kickboxing (Teens and Adults)	WEDNESDAY 10:00am - 11:00am Rock Steady Boxing*	
6:15p - 7:15p Boxing (Teens and Adults)	6:15p - 7:15p Muay Thai / Boxing Kickboxing (Teens and Adults)	6:15p - 7:15p Boxing (Teens and Adults)	6:15p - 7:15p Muay Thai / Boxing Kickboxing (Teens and Adults)	WEDNESDAY 7:15p - 8:15p Kapop / Krav Maga Self-Defense	
7:15p - 8:15p Muay Thai / Boxing Kickboxing (Teens and Adults)	7:15p - 8:15p Boxing (Teens and Adults)	7:15p - 8:15p Muay Thai / Boxing Kickboxing (Teens and Adults)	7:15p - 8:15p Boxing (Teens and Adults)	SATURDAY 10:00a - 11:00a Kapop / Krav Maga Self-Defense	

* terms and conditions apply