

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)	TUESDAY 4:45p - 5:30p MOM'S THROW BOMBS Boxing - All Levels	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)		10:15a - 11:00a 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)	THURSDAY 4:45p - 5:30p MOM'S THROW BOMBS Boxing - All Levels	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)		SIFU <i>JESSE MIRANDA</i> KIDS SUPERHERO FITNESS <i>MARTIAL COMBAT</i> <i>SELF-DEFENSE</i> <i>WING CHUN</i> <i>KUNG FU</i> <i>TAI CHI</i> <i>WEAPONS</i> <i>Adult / Child / Group</i> <i>lessons available</i> <i>(by appointment only)</i>
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*	
5:30p - 6:15p Arjukenpo Karate (Teens)	5:30p - 6:15p Muay Thai / Boxing Kickboxing (Teens)	5:30p - 6:15p Arjukenpo Karate (Teens)	5:30p - 6:15p Muay Thai / Boxing Kickboxing (Teens)	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 Kapap / 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 9:00a - 10:00a Kapap / Krav Maga Self-Defense	

* terms and conditions apply

ZOOM CLASSES
available