

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

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 10:00am - 11:00am Rock Steady Boxing	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)	WEDNESDAY 10:00am - 11:00am Rock Steady Boxing	9:00a - 10:00a Kapap / Krav Maga Self-Defense
4:00p - 4:45p Arjukenpo Karate (6 - 9 year olds)	4:00p - 4:45p Muay Thai / Boxing Kickboxing (6 - 9 year olds)	4:00p - 4:45p Arjukenpo Karate (6 - 9 year olds)	4:00p - 4:45p Muay Thai / Boxing Kickboxing (6 - 9 year olds)		10:00a - 10:45a Muay Thai / Boxing Kickboxing (6 - 12 year olds)
4:45p - 5:30p Arjukenpo Karate (10 - 12 year olds)	4:45p - 5:30p Muay Thai / Boxing Kickboxing (10 - 12 year olds)	4:45p - 5:30p Arjukenpo Karate (10 - 12 year olds)	4:45p - 5:30p Muay Thai / Boxing Kickboxing (10 - 12 year olds)		10:00a - 11:00a Cacoy Canete Doces Pares Eskrima (Teens and Adults)
5:30p - 6:15p Arjukenpo Karate (Teens and Adults)	4:45p - 5:30p Warrior Fitness (Teens and Adults)	5:30p - 6:15p Arjukenpo Karate (Teens and Adults)	4:45p - 5:30p Warrior Fitness (Teens and Adults)	<p>PRIVATE LESSONS AVAILABLE (818) 335-7969</p> <p>FREE CLASSES CALL TODAY (818) 996-7180</p> <p>HOC EMAIL INFO @ HOUSEOFCHAMPIONS.COM</p>	
6:15p - 7:15p Boxing (Teens and Adults)	5:30p - 6:15p Muay Thai / Boxing Kickboxing (Teens)	6:15p - 7:15p Boxing (Teens and Adults)	5:30p - 6:15p Muay Thai / Boxing Kickboxing (Teens)		
7:15p - 8:15p Muay Thai / Boxing Kickboxing (Teens and Adults)	6:15p - 7:15p Muay Thai / Boxing Kickboxing (Teens and Adults)	7:15p - 8:15p Muay Thai / Boxing Kickboxing (Teens and Adults)	6:15p - 7:15p Muay Thai / Boxing Kickboxing (Teens and Adults)		
	7:15p - 8:15p Boxing (Teens and Adults)	7:15p - 8:15p Kapap / Krav Maga Self-Defense	7:15p - 8:15p Boxing (Teens and Adults)		

