

**Monday - Friday:** 9:00a - 12:00p / 3:30p - 8:30p

**Saturday:** 9:00a - 1:00p / **Sunday:** Closed

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

# HOUSE OF CHAMPIONS

## CLASS SCHEDULE 2022

Monday	Tuesday	Wednesday	Thursday	Friday	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 )		9:00a - 10:00a Muay Thai / Boxing Kickboxing ( Teens and Adults )
10:00am - 11:00am Silver Gloves Fitness Boxing	3:30p - 4:00p Muay Thai /Boxing Kickboxing ( 4 - 5 year olds )	10:00am - 11:00am Silver Gloves Fitness Boxing	3:30p - 4:00p Muay Thai /Boxing Kickboxing ( 4 - 5 year olds )		10:00a - 10:30a Muay Thai / Boxing Kickboxing ( 4 - 5 year olds )
3:30p - 4:00p Arjukenpo Karate ( 4 - 5 year olds )	4:00p - 4:45p Muay Thai / Boxing Kickboxing ( 6 - 9 year olds )	3:30p - 4:00p Arjukenpo Karate ( 4 - 5 year olds )	4:00p - 4:45p Muay Thai / Boxing Kickboxing ( 6 - 9 year olds )	3:30p - 4:00p Arjukenpo Karate ( 4 - 5 year olds )	10:00a - 11:00a Arjukenpo Doces Pares Eskrima ( Teens and Adults )
4:00p - 4:45p Arjukenpo Karate ( 6 - 9 year olds )	4:45p - 5:30p Muay Thai / Boxing Kickboxing ( 10 - 12 year olds )	4:00p - 4:45p Arjukenpo Karate ( 6 - 9 year olds )	4:45p - 5:30p Muay Thai / Boxing Kickboxing ( 10 - 12 year olds )	4:00p - 4:45p Arjukenpo Karate ( 6 - 9 year olds )	10:30a - 11:15a Muay Thai / Boxing Kickboxing ( 6 - 9 year olds )
4:45p - 5:30p Arjukenpo Karate ( 10 - 12 year olds )	4:45p - 5:30p Warrior Fitness ( Teens and Adults )	4:45p - 5:30p Arjukenpo Karate ( 10 - 12 year olds )	4:45p - 5:30p Warrior Fitness ( Teens and Adults )	4:45p - 5:30p Arjukenpo Karate ( 10 - 12 year olds )	11:15a - 12:00p Muay Thai / Boxing Kickboxing ( 10 - 12 year olds )
5:30p - 6:15p Arjukenpo Karate ( Teens and Adults )	5:30p - 6:15p Muay Thai / Boxing Kickboxing ( Teens )	5:30p - 6:15p Arjukenpo Karate ( Teens and Adults )	5:30p - 6:15p Muay Thai / Boxing Kickboxing ( Teens )	<b>HOC HURRICANES</b>  <b>COMPETITION TEAM</b>  5:30p - 7:00p  <i>inquire to apply</i>	12:00p - 12:45p KIDS MMA / BJJ WORKSHOP ( 9 - 14 year olds )
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 )		<b>WEDNESDAY</b> 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 )		<b>SATURDAY</b> 9:00a - 10:00a Kapap / Krav Maga Self-Defense

