

**M/W:** 9a - 12p / 3:30p - 9:30p **T/Th:** 9a - 12p / 3:30p - 8:30p  
**Fri:** 3:30p - 6:30p / **Sat:** 9:00a - 12:15p / **Sun:** Closed  
 17228 Saticoy Street - West Van Nuys, CA 91406 - 818 996 7180

# HOUSE OF CHAMPIONS

## CLASS SCHEDULE 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30a - 10:30a "WARRIOR FIT" MMA Fitness (Teens and Adults)	9:30a - 10:30a Muay Thai / Boxing Kickboxing (Teens and Adults)	9:30a - 10:30a "WARRIOR FIT" MMA Fitness (Teens and Adults)	9:30a - 10:30a Muay Thai / Boxing Kickboxing (Teens and Adults)	3:30p - 4:00p Arjukenpo Karate (4 - 5 year olds)	9:00a - 10:30a HOC HURRICANES Competition Team (Teens and Adults)
10:00am - 12:00pm "HOC HOLLYWOOD" Action for Actors (open floor - mat fee)	10:00am - 12:00pm "HOC HOLLYWOOD" Action for Actors (open floor - mat fee)	10:00am - 12:00pm "HOC HOLLYWOOD" Action for Actors (open floor - mat fee)	10:00am - 12:00pm "HOC HOLLYWOOD" Action for Actors (open floor - mat fee)	4:00p - 4:45p Arjukenpo Karate (6 - 9 year olds)	9:30a - 10:30a 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)	4:45p - 5:30p Arjukenpo Karate (10 - 12 year olds)	10:30a - 11:15a 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)	4:00p - 4:45p Arjukenpo Karate (6 - 9 year olds)	4:00p - 4:45p Muay Thai / Boxing Kickboxing (6 - 9 year olds)	5:30p - 6:15p Arjukenpo Karate (Teens and Adults)	11:15a - 12:00p 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)	4:45p - 5:30p Arjukenpo Karate (10 - 12 year olds)	4:45p - 5:30p Muay Thai / Boxing Kickboxing (10 - 12 year olds)	<b>Krav Maga Self-Defense</b>	
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>MON / WED</b> 7:15p - 8:15p (Teens and Adults)	<b>SATURDAY</b> 9:30a - 10:30a (Teens and Adults)
6:15p - 7:15p Boxing (Beg / Int / Adv)	6:15p - 7:15p Muay Thai / Boxing Kickboxing (Beg / Int)	6:15p - 7:15p Boxing (Beg / Int / Adv)	6:15p - 7:15p Muay Thai / Boxing Kickboxing (Beg / Int)	<b>Two Classes per Week Programs</b>	
7:15p - 8:15p Muay Thai / Boxing Kickboxing (Beg / Int)	7:15p - 8:15p Muay Thai / Boxing Kickboxing (Int / Adv)	7:15p - 8:15p Muay Thai / Boxing Kickboxing (Beg / Int)	7:15p - 8:15p Muay Thai / Boxing Kickboxing (Int / Adv)	<b>MON / WED</b> 10:00am - 11:00am "SILVER GLOVES" Fitness Boxing	<b>MON / WED</b> 8:15p - 9:15p MMA (Teens and Adults)
7:15p - 8:15p Muay Thai / Boxing Kickboxing (Int / Adv)	7:15p - 8:15p Boxing (Beg / Int / Adv)	7:15p - 8:15p Muay Thai / Boxing Kickboxing (Int / Adv)	7:15p - 8:15p Boxing (Beg / Int / Adv)	<b>WED</b> 6:15p - 7:15p DOCES PARES ESKRIMA (Teens and Adults)	<b>SAT</b> 10:30a - 11:30a DOCES PARES ESKRIMA (Teens and Adults)