

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