

M-TH: 9a - 12p / 3:30p - 8:30p Fri: 3:30p - 6:30p

Sat: 9:00a - 1:00p / Sun: Closed

http://HouseofChampions.com (818) 996-7180

# HOUSE OF CHAMPIONS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30a - 10:30a Boxing Beg / Int / Adv (Teens and Adults)	9:30a - 10:30a Muay Thai Kickboxing Beg / Int / Adv (Teens and Adults)	9:30a - 10:30a Boxing Beg / Int / Adv (Teens and Adults)	9:30a - 10:30a Muay Thai Kickboxing Beg / Int / Adv (Teens and Adults)	3:30p - 4:00p Arjukenpo Karate (4 - 5 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)	4:00p - 4:45p Arjukenpo Karate (6 - 9 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)	4:45p - 5:30p Arjukenpo Karate (10 - 12 year olds)	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)	5:30p - 6:15p Arjukenpo Karate (Teens and Adults)	11:30a - 12:45p HOC HURRICANES Competition Team (Teens and Adults)
5:30p - 6:15p Arjukenpo Karate (Teens and Adults)	5:30p - 6:15p Kids MMA (9 - 12 year olds)	5:30p - 6:15p Arjukenpo Karate (Teens and Adults)	5:30p - 6:15p Kids MMA (9 - 12 year olds)	<b>SPECIALTY PROGRAMS</b>	
6:15p - 7:15p MMA (Teens and Adults)	5:30p - 6:15p Muay Thai / Boxing Kickboxing (Teens)	6:15p - 7:15p MMA (Teens and Adults)	5:30p - 6:15p Muay Thai / Boxing Kickboxing (Teens)	<b>MON / WED</b> 7:15p - 8:15p "KRAV MAGA" (Teens and Adults)	<b>SATURDAY</b> 9:30a - 10:30a "KRAV MAGA" (Teens and Adults)
6:15p - 7:15p Boxing Beg / Int / Adv (Teens and Adults)	6:15p - 7:15p Muay Thai Kickboxing Beg / Int (Teens and Adults)	6:15p - 7:15p Boxing Beg / Int / Adv (Teens and Adults)	6:15p - 7:15p Muay Thai Kickboxing Beg / Int (Teens and Adults)	<b>MON / WED</b> 10:00am - 11:00am "SILVER GLOVES" Fitness Boxing	<b>SAT</b> 10:30a - 11:30a DOCES PARES ESKRIMA (Teens and Adults)
7:15p - 8:15p Muay Thai Kickboxing Beg / Int (Teens and Adults)	7:15p - 8:15p Muay Thai Kickboxing Int / Adv (Teens and Adults)	7:15p - 8:15p Muay Thai Kickboxing Beg / Int (Teens and Adults)	7:15p - 8:15p Muay Thai Kickboxing Int / Adv (Teens and Adults)	<b>OPEN FLOOR</b>	
7:15p - 8:15p Muay Thai Kickboxing Int / Adv (Teens and Adults)	7:15p - 8:15p Boxing Beg / Int / Adv (Teens and Adults)	7:15p - 8:15p Muay Thai Kickboxing Int / Adv (Teens and Adults)	7:15p - 8:15p Boxing Beg / Int / Adv (Teens and Adults)	Open Floor is available during normal business hours. Training & Filming allowed. \$20 mat fee	

