

# HOUSE OF CHAMPIONS CLASS SCHEDULE

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30a - 10:30a Muay Thai Kickboxing (Teens and Adults)	9:30a - 10:30a Muay Thai Kickboxing (Teens and Adults)	9:30a - 10:30a Muay Thai Kickboxing (Teens and Adults)	9:30a - 10:30a Muay Thai Kickboxing (Teens and Adults)	3:30p - 4:00p Arjunkenpo Karate (4 - 5 year olds)	9:30a - 10:30a Muay Thai Kickboxing (Teens and Adults)
3:30p - 4:00p Arjunkenpo Karate (4 - 5 year olds)	3:30p - 4:00p Muay Thai / Boxing Kickboxing (4 - 5 year olds)	3:30p - 4:00p Arjunkenpo Karate (4 - 5 year olds)	3:30p - 4:00p Muay Thai / Boxing Kickboxing (4 - 5 year olds)	4:00p - 4:45p Arjunkenpo Karate (6 - 9 year olds)	10:30a - 11:15a Muay Thai / Boxing Kickboxing (6 - 9 year olds)
4:00p - 4:45p Arjunkenpo Karate (6 - 9 year olds)	4:00p - 4:45p Muay Thai / Boxing Kickboxing (6 - 9 year olds)	4:00p - 4:45p Arjunkenpo Karate (6 - 9 year olds)	4:00p - 4:45p Muay Thai / Boxing Kickboxing (6 - 9 year olds)	4:45p - 5:30p Arjunkenpo Karate (10 - 12 year olds)	11:15a - 12:00p Muay Thai / Boxing Kickboxing (10 - 12 year olds)
4:45p - 5:30p Arjunkenpo Karate (10 - 12 year olds)	4:45p - 5:30p Muay Thai / Boxing Kickboxing (10 - 12 year olds)	4:45p - 5:30p Arjunkenpo Karate (10 - 12 year olds)	4:45p - 5:30p Muay Thai / Boxing Kickboxing (10 - 12 year olds)	5:30p - 6:15p Arjunkenpo Karate (Teens and Adults)	11:00a - 12:00p STREET COMBATIVES (Teens and Adults)
5:30p - 6:15p Arjunkenpo Karate (Teens and Adults)	5:30p - 6:15p Kids MMA (9 - 12 year olds)	5:30p - 6:15p Arjunkenpo Karate (Teens and Adults)	5:30p - 6:15p Kids MMA (9 - 12 year olds)	6:15p - 7:30p HOC HURRICANES Competition Team (Teens and Adults)	
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>SPECIALTY PROGRAMS</b>	
6:15p - 7:15p Boxing (Teens and Adults)	6:15p - 7:15p Muay Thai Kickboxing (Teens and Adults)	6:15p - 7:15p Boxing (Teens and Adults)	6:15p - 7:15p Muay Thai Kickboxing (Teens and Adults)	<b>MON</b> 10:00am - 11:00am "SILVER GLOVES" Fitness Boxing	<b>WED</b> 10:00am - 11:00am "SILVER GLOVES" Fitness Boxing
7:15p - 8:15p Muay Thai Kickboxing (Teens and Adults)	7:15p - 8:15p Boxing (Teens and Adults)	7:15p - 8:15p Muay Thai Kickboxing (Teens and Adults)	7:15p - 8:15p Boxing (Teens and Adults)	<b>WED</b> 7:15p - 8:15p SELF-DEFENSE TACTICS (Teens and Adults)	<b>SAT</b> 9:30a - 10:30a SELF-DEFENSE TACTICS (Teens and Adults)
7:15p - 8:15p Open Sparring (Teens and Adults)	7:15p - 8:15p Open Sparring (Teens and Adults)	7:15p - 8:15p Open Sparring (Teens and Adults)	7:15p - 8:15p Open Sparring (Teens and Adults)	<b>PRIVATE LESSONS AVAILABLE</b> 10 Lessons (30 min each) = \$500 1 Lesson (30 min) = \$60	