

**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 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 Arjukenpo Karate ( 4 - 5 year olds )	9:30a - 10:30a Muay Thai 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 )	11:00a - 12:00p STREET COMBATIVES ( 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 )	6:15p - 7:30p HOC HURRICANES Kata / Point-Sparring ( Kids - Adults )	12:00p - 1:00p HOC HURRICANES Weapons Kata ( Kids - 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> 10:30am - 11:30am "SILVER GLOVES" Fitness Boxing	<b>WED</b> 10:30am - 11:30am "SILVER GLOVES" Fitness Boxing
7:15p - 8:15p Muay Thai Kickboxing / Open Sparring ( Beg - Adv ) ( Teens and Adults )	7:15p - 8:15p Boxing / Sparring ( Adv / Fighters ) ( Teens and Adults )	7:15p - 8:15p Muay Thai Kickboxing / Open Sparring ( Beg - Adv ) ( Teens and Adults )	7:15p - 8:15p Boxing / Sparring ( Adv / Fighters ) ( 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 )
<b>PRIVATE LESSONS AVAILABLE</b> 10 Lessons ( 30 min each ) = \$500 1 Lesson ( 30 min ) = \$60					



