

M-TH: 9:00a - 12:00p / 3:00p - 8:30p Fri: 3:00p - 6:30p

Sat: 9:00a - 12:00p / Sun: Closed

FOR FREE GUEST PASS -> <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 Eskrima Arnis / Kali Filipino Martial Arts (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) | |
| 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) | SPECIALTY PROGRAMS | |
| 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) | MON 10:30am - 11:30am SILVER GLOVES (Kick/Boxing/Self-Defense) | WED 10:30am - 11:30am SILVER GLOVES (Kick/Boxing/Self-Defense) |
| 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) | WED 7:15p - 8:15p Kapap Krav Maga Self-Defense (Teens and Adults) | SAT 9:30a - 10:30a Kapap Krav Maga Self-Defense (Teens and Adults) |

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