



CHAMPIONS MARTIAL ARTS ACADEMY

Creating Black Belts Since 1992

Effective December 2015 Phone # 604-983-3799



www.championswayoflife.com



info@championswayoflife.com



[championsnorthvan](https://www.facebook.com/championsnorthvan)

Way of Life

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open at 12:00 pm ADULT (Ages 14 +) 9:30am - 10:30 am BOOT CAMP/ CARDIO CLUB MEMBER	Open at 11:00 am GRINDHOUSE STRENGTH & CONDITIONING RISE & GRIND 6:00 - 6:45 am FL# 3	Open at 12:00 pm ADULT (Ages 14 +) 9:30am - 10:30 am BOOT CAMP/ CARDIO CLUB MEMBER	Open at 11:00 am ADULT (Ages 14 +) 11:15am - 12:00 pm FL#1 WHITE-HI-YELLOW FL#2 ORANGE+	Open at 2:00 pm Open Training 2:00-5:00pm KIDS (Ages 3 - 6) 5:00 - 5:45 pm FL#1 KIDS WHITE + YOUTH (Ages 7 - 13) 6:00 - 6:45 pm FL#2 YOUTH WHITE + ADULT (Ages 14 +) 6:00-6:45 pm FL#1 C. MEMBER CLASS FL# 3 JIU JITSU No Gi 7:00 - 8:00 pm YOUTH & ADULT (Ages 7+) 7:00 - 8:15 pm FL#1 SKF CARDIO & STRETCH CLASS CLUB MEMBER Closed at 7:30 pm	Open at 8:45 am GRINDHOUSE STRENGTH & CONDITIONING OPERATION SWEAT 9:00 - 9:45 am FL# 3 KIDS (Ages 3 - 6) 9:00 - 9:45 am FL#2 WHITE -ORANGE FL#2 H.ORANGE + YOUTH (Ages 7 - 13) 10:00am - 10:45 am FL#2 H.ORANGE + YOUTH (Ages 7 - 13) 11:00 am - 11:45 am FL#3 WHITE -ORANGE ADULT ONLY (30+) 10:00am - 10:45 am FL#1 WHITE + YOUTH & ADULT (Ages 7+) 11:00am - 12:15 pm FL#1 SKF CARDIO STRETCH CLASS CLUB MEMBER CLUB MEMBER CLASS 11:00 am - 11:45 am FL#1 Kids/Youth H Yellow + YOUTH & ADULT (Ages 7+) 12:00-1:00 pm FL#2 SPARRING CLUB MEMBER ADULT (Ages 14 +) 1:00 - 2:00 pm FL#3 Jiu Jitsu Class ADULT (Ages 14 +) 1:00 - 1:45 pm FL#2 WHITE + FL#2 FIGHT CLUB (Ages 14 +) CLUB MEMBER ORANGE BELT+ 2:00 - 2:45 pm GRINDHOUSE STRENGTH & CONDITIONING WEEKEND WARRIORS 3:00 - 3:45 PM FL# 3 Closed at 4:00 pm	Open at 10:45 am KIDS (Ages 3-6) 11:00am-11:45am FL#2- WHITE - YELLOW YOUTH & ADULT (Ages 7+) 11:00 am - 12:00 pm FL#1 SKF Cardio CLUB MEMBER KIDS (Ages 3 - 6) 12:00 - 12:45 pm FL#1 HYELLOW + ADULT (Ages 14 +) 12:00 - 12:45 pm FL#2 WHITE- H.ORANGE YOUTH (Ages 7 - 13) 1:00 - 1:45 pm FL#1 HORANGE + ADULT (Ages 14 +) 1:00 - 1:45 pm FL#12 GREEN + YOUTH (Ages 7 - 13) 2:00-2:45PM FL#1 WHITE - ORANGE GRINDHOUSE STRENGTH & CONDITIONING WEEKEND WARRIORS 3:00 - 3:45 pm FL# 3 Closed at 4:00 pm
Open Training 12:00-4:00 pm ADULT (Ages 14 +) 4:00 - 4:45 pm FL#1 WHITE-YELLOW FL#1 HI-YELLOW+	ADULT (Ages 14 +) 11:15am - 12:00 pm FL#1 WHITE-ORANGE FL#2 HI-ORANGE+	Open Training 12:00-4:00 pm ADULT (Ages 14 +) 4:00 - 4:45 pm FL#1 WHITE-HI-YELLOW FL#1 ORANGE+	Open Training 11:00-4:00 pm ADULT (Ages 14 +) 4:00 - 4:45 pm FL#1 WHITE + KIDS (Ages 3 - 6) 4:00 - 4:45 pm FL#2 WHITE - YELLOW YOUTH (Ages 7 - 13) 5:00 - 5:45 pm FL#1 YELLOW - H. YELLOW FL#2 WHITE			
KIDS (Ages 3 - 6) 4:00 - 4:45 pm FL# 3 WHITE BELT FL#2 H. YELLOW + YOUTH (Ages 7 - 13) 5:00 - 5:45 pm FL#1 LBLACK FL#1 BROWN H.BROWN FL#2 BLUE - H. BLUE YOUTH (Ages 7 - 13) 6:00 - 6:45 pm FL#1 GREEN - H. GREEN FL#2 ORANGE-H.ORANGE	Open Training 11:00-4:00 pm FL #1 RANK ENHANCEMENT CLASS 12:30 pm ADULT (Ages 14 +) 4:00 - 4:45 pm FL#1 WHITE-HI-YELLOW FL#2 ORANGE+	KIDS (Ages 3 - 6) 4:00 - 4:45 pm FL# 3 WHITE BELT FL#2 H. YELLOW + YOUTH (Ages 7 - 13) 5:00 - 5:45 pm FL#1 LBLACK FL#1 BROWN H.BROWN FL#2 BLUE - H. BLUE YOUTH (Ages 7 - 13) 6:00 - 6:45 pm FL#1 GREEN - H. GREEN FL#2 ORANGE-H.ORANGE	ADULT (Ages 14 +) YOUTH (Ages 7 - 13) ADULT (Ages 14 +) 5:45 - 6:45 pm FL#1 LOW BLACK KIDS & YOUTH (Ages 6 - 13) 6:00 - 6:45 pm FL#2 WHITE+ KIDS FL#2 WHITE+ YOUTH			
FL# 3 JIU JITSU FUNDAMENTALS 6:30 - 7:30 pm ORANGE + 7:30 - 8:30 pm ADULT (Ages 14 +) 7:00 - 7:45 pm FL #1 BROWN BELT FL#1 HIGH BROWN	ADULT (Ages 14 +) 5:45 - 6:45 pm FL#1 LOW BLACK ADULT ONLY (30+) 6:00 - 6:45 pm FL#2 WHITE + ADULT (Ages 14 +) 7:00 - 8:00 pm FL#1 BLACK	FL# 3 JIU JITSU (Ages 14 +) FUNDAMENTALS 6:30 - 7:30 pm ORANGE + 7:30 - 8:30 pm ADULT (Ages 14 +) 7:00 - 7:45 pm FL#1 HIGH BROWN FL#1 BROWN	ADULT (Ages 14 +) 7:00 - 8:00 pm FL#1 BLACK GRINDHOUSE STRENGTH & CONDITIONING COMBAT CORE 7:00 - 7:45 pm FL# 3 ADULT (Ages 14 +) 7:45 - 8:30 pm FL#1 WHITE TO HI YELLOW DEGREE ONLY 8:00 - 8:30 pm			
ADULT (Ages 14 +) 7:45 - 8:30 pm FL#1 BLUE FL#1 HI-BLUE FL#2 FIGHT CLUB (Ages 14 +) CLUB MEMBER ORANGE BELT+ 7:45 - 8:30 pm ADULT (Ages 14 +) 8:30 - 9:15 pm FL#1 YELLOW FL#1 HI-YELLOW FL#2 WHITE	GRINDHOUSE STRENGTH & CONDITIONING COMBAT CORE 7:00 - 7:45 pm FL# 3 ADULT (Ages 14 +) 7:45 - 8:30 pm WHITE TO HI YELLOW DEGREE ONLY 8:00 - 8:30 pm FL# 3 JIU JITSU WHITE - YELLOW 8:30 - 9:30 pm ADULT (Ages 14 +) 8:30 - 9:15 pm FL#1 ORANGE - H. ORANGE FL#2 GREEN-H.GREEN Closed at 9:30 pm	ADULT (Ages 14 +) 7:45 - 8:30 pm FL#1 BLUE FL#1 HI-BLUE FL#2 SPARRING CLUB MEMBER 7:45-8:30 pm ADULT (Ages 14 +) 8:30 - 9:15 pm FL#1 YELLOW FL#1 HI-YELLOW FL#2 WHITE Closed at 9:30 pm	ADULT (Ages 14 +) 8:30 - 9:30 pm WHITE - YELLOW ADULT (Ages 14 +) 8:30 - 9:15 pm FL#1 ORANGE - H. ORANGE FL#2 GREEN-H.GREEN Closed at 9:30 pm			
Closed at 9:30 pm						

