



CHAMPIONS MARTIAL ARTS ACADEMY SCHEDULE

Effective September 2013 Phone # 604-983-3799

WWW.CHAMPIONSWAYOFLIFE.COM



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPENS AT 9:00 AM	OPENS AT 11:00 AM	OPENS AT 9:00 AM	OPENS AT 11:00 AM	OPENS AT 12:00 PM	OPENS AT 8:45 AM	OPENS AT 10:45 AM
<i>ADULT (Ages 14 +)</i> 9:30am - 10:30 am BOOT CAMP/ CARDIO CLUB MEMBER	<i>ADULT (Ages 14 +)</i> 11:15am - 12:00pm FL#1 WHITE-ORANGE FL#2 HI-ORANGE+	<i>ADULT (Ages 14 +)</i> 9:30am - 10:30 am BOOT CAMP/ CARDIO CLUB MEMBER	<i>ADULT (Ages 14 +)</i> 11:15am - 12:00pm FL#1 WHITE-HI-YELLOW FL#2 ORANGE+	<i>Open Training 12:00-5:00pm</i> <i>Kids (Ages 3 - 6)</i> 5:00 - 5:45pm FL#1 KIDS WHITE +	<i>KIDS (Ages 3 - 6)</i> 9:00 - 9:45am FL#2 WHITE -ORANGE FL#2 H.ORANGE +	<i>YOUTH & ADULT(Ages 7+)</i> 11:00 am - 12:00 pm FL# 1 SKF Cardio CLUB MEMBER
<i>Open Training 9:00-4:00 pm</i>	<i>Open Training 11:00-4:00 pm</i>	<i>Open Training 9:00-4:00 pm</i>	<i>Open Training 11:00-4:00 pm</i>	CLUB MEMBER CLASS 5:00 - 5:45pm FL#1 Kids/Youth H Yellow +	<i>YOUTH (Ages 7 - 13)</i> 10:00am - 10:45am FL#2 WHITE -ORANGE FL#2 H.ORANGE +	<i>KIDS (Ages 3 - 6)</i> 12:00 - 12:45pm FL#1 WHITE+
<i>ADULT (Ages 14 +)</i> 4:00 - 4:45pm FL#1 WHITE-YELLOW FL#1 HI-YELLOW+	TINY CHAMPIONS 3:30 - 4 PM <i>ADULT (Ages 14 +)</i> 4:00 - 4:45pm FL#1 WHITE-HI-YELLOW FL#2 ORANGE+	<i>ADULT (Ages 14 +)</i> 4:00 - 4:45pm FL#1 WHITE-HI-YELLOW FL#1 ORANGE+	TINY CHAMPIONS 3:30 - 4:00 PM <i>ADULTS ONLY (30+)</i> 4:00 - 4:45pm FL#1 WHITE +	<i>YOUTH (Ages 7 - 13)</i> 6:00 - 6:45pm FL#2 YOUTH WHITE +	<i>ADULT ONLY (30+)</i> 10:00am - 10:45am FL#1 WHITE +	<i>ADULT (Ages 14 +)</i> 12:00 - 12:45pm FL#2 WHITE- H.ORANGE
<i>KIDS (Ages 3 - 6)</i> 4:00 - 4:45pm FL# 3 WHITE BELT FL#2 H. YELLOW +	<i>KIDS (Ages 3 - 6)</i> 4:00 - 4:45pm FL#2 WHITE FL#2 WHITE - YELLOW <i>YOUTH (Ages 7 - 13)</i> 5:00 - 5:45pm FL#1 YELLOW - H. YELLOW FL#2 WHITE	<i>KIDS (Ages 3 - 6)</i> 4:00 - 4:45pm FL# 3 WHITE BELT FL#2 H. YELLOW +	<i>KIDS (Ages 3 - 6)</i> 4:00 - 4:45pm FL#2 WHITE - YELLOW <i>YOUTH (Ages 7 - 13)</i> 5:00 - 5:45pm FL#1 YELLOW - H. YELLOW FL#2 WHITE	<i>ADULT (Ages 14 +)</i> 6:00-6:45pm FL#1 C. MEMBER CLASS <i>YOUTH & ADULT(Ages 7+)</i> 7:00 - 8:15 pm FL#1 SKF CARDIO & STRETCH CLASS CLUB MEMBER	<i>YOUTH & ADULT (Ages 7+)</i> 11:00am - 12:15pm FL#1 SKF CARDIO STRETCH CLASS CLUB MEMBER	<i>YOUTH (Ages 7 - 13)</i> 1:00 - 2:00pm FL#1 WHITE+
<i>YOUTH (Ages 7 - 13)</i> 5:00 - 5:45pm FL#1 LBLACK FL#1 BROWN HBROWN FL#2 BLUE - H. BLUE	<i>ADULT ONLY (30+)</i> 6:00 - 6:45pm FL#2 WHITE + <i>ADULT (Ages 14 +)</i> 6:00 - 6:45pm FL#1 LOW BLACK <i>ADULT (Ages 14 +)</i> 7:00 - 8:00pm FL#1 BLACK	<i>YOUTH (Ages 7 - 13)</i> 5:00 - 5:45pm FL#1 LBLACK FL#1 BROWN HBROWN FL#2 BLUE - H. BLUE	<i>KIDS & YOUTH (Ages 6 - 13)</i> 6:00 -6:45pm FL#2 WHITE+ KIDS FL#2 WHITE+ YOUTH <i>ADULT (Ages 14 +)</i> 6:00 - 6:45pm FL#1 LOW BLACK <i>ADULT (Ages 14 +)</i> 7:00 - 8:00pm FL#1 BLACK	CLOSED AT 8:30 PM	<i>ADULT (Ages 14 +)</i> 1:00 - 2:00pm <i>FL#3 Jiu Jitsu Class</i> <i>ADULT (Ages 14 +)</i> 1:00 - 2:00pm FL#2 WHITE + CLOSED AT 2:30 PM	CLOSED AT 2:30 PM
<i>FL# 2 JIU JITSU</i> WHITE - YELLOW 6:30 - 7:30 pm ORANGE + 7:30 - 8:30 pm	<i>ADULT (Ages 14 +)</i> 7:00 - 7:45pm FL#1 HIGH BROWN FL#2 BROWN <i>ADULT (Ages 14 +)</i> 7:45 - 8:30pm FL#1 BLUE FL#1 HI-BLUE FL#2 FIGHT CLUB (Ages 14 +) CLUB MEMBER ORANGE BELT+ 7:45 - 8:30 pm	<i>ADULT (Ages 14 +)</i> 7:00 - 7:45pm FL#1 HIGH BROWN FL#2 BROWN <i>ADULT (Ages 14 +)</i> 7:45 - 8:30pm FL#1 BLUE + HI BLUE CLUB MEMBER 7:45-8:30pm <i>ADULT (Ages 14 +)</i> 8:30 - 9:15pm FL#1 YELLOW FL#1 HI-YELLOW FL#2 WHITE CLOSED AT 9:30 PM	<i>ADULT (Ages 14 +)</i> 7:45 - 8:30 pm FL#1 WHITE TO HI YELLOW DEGREE ONLY 8:00 - 8:30 pm <i>ADULT (Ages 14 +)</i> 8:30 - 9:15pm FL#1 ORANGE - H. ORANGE FL#2 GREEN-H.GREEN CLOSED AT 9:30 PM			
<i>ADULT (Ages 14 +)</i> 8:30 - 9:15pm FL#1 YELLOW FL#1 HI-YELLOW FL#2 WHITE CLOSED AT 9:30 PM						