

## 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
ADULT (Ages 14 +)	ADULT (Ages 14 +)	ADULT (Ages 14 +)	ADULT (Ages 14 +)	Open Training 12:00-5:00pm	KIDS (Ages 3 - 6)	YOUTH & ADULT(Ages 7+)
9:30am - 10:30 am	11:15am - 12:00pm	9:30am - 10:30 am	11:15am - 12:00pm	Kids (Ages 3 - 6)	9:00 - 9:45am	11:00 am - 12:00 pm
BOOT CAMP/ CARDIO	FL#1 WHITE-ORANGE	BOOT CAMP/ CARDIO	FL#1 WHITE-HI-YELLOW	5:00 - 5:45pm	FL#2 WHITE -ORANGE	FL# 1 SKF Cardio
CLUB MEMBER	FL#2 HI-ORANGE+	CLUB MEMBER	FL#2 ORANGE+	FL#1 KIDS WHITE +	FL#2 H.ORANGE +	CLUB MEMBER
Open Training 9:00-4:00 pm	Open Training 11:00-4:00 pm	Open Training 9:00-4:00 pm	Open Training 11:00-4:00 pm	CLUB MEMBER CLASS	YOUTH (Ages 7 - 13)	KIDS (Ages 3 - 6)
ADULT (Ages 14 +)	TINY CHAMPIONS	ADULT (Ages 14 +)	TINY CHAMPIONS	5:00 - 5:45pm	10:00am - 10:45am	12:00 - 12:45pm
4:00 - 4:45pm	3:30 - 4 PM	4:00 - 4:45pm	3:30 - 4:00 PM	FL#1 Kids/Youth H Yellow +	FL#2 WHITE -ORANGE	FL#1 WHITE+
FL#1 WHITE-YELLOW	ADULT (Ages 14 +)	FL#1 WHITE-HI-YELLOW	ADULTS ONLY (30+)	YOUTH (Ages 7 - 13)	FL#2 H.ORANGE +	ADULT (Ages 14 +)
FL #1 HI-YELLOW+	4:00 - 4:45pm	FL#1 ORANGE+	4:00 - 4:45pm	6:00 - 6:45pm	ADULT ONLY (30+)	12:00 -12:45pm
KIDS (Ages 3 - 6)	FL#1 WHITE-HI-YELLOW	KIDS (Ages 3 - 6)	FL#1 WHITE +	FL#2 YOUTH WHITE +	10:00am - 10:45am	FL#2 WHITE- H.ORANGE
4:00 - 4:45pm	FL#2 ORANGE+	4:00 - 4:45pm	KIDS (Ages 3 - 6)	ADULT (Ages 14 +)	FL#1 WHITE +	YOUTH (Ages 7 - 13)
FI# 3 WHITE BELT	KIDS (Ages 3 - 6)	FI# 3 WHITE BELT	4:00 - 4:45pm	6:00-6:45pm	YOUTH & ADULT (Ages 7+)	1:00 - 2:00pm
FL#2 H. YELLOW +	4:00 - 4:45pm	FL#2 H. YELLOW +	FL#2 WHITE - YELLOW	FL#1 C. MEMBER	11:00am - 12:15pm	FL#1 WHITE+
YOUTH (Ages 7 - 13)	FL#2 WHITE - YELLOW	YOUTH (Ages 7 - 13)	YOUTH (Ages 7 - 13)	CLASS	=	ADULT (Ages 14 +)
		, ,			FL#1 SKF CARDIO	
5:00 - 5:45pm	YOUTH (Ages 7 - 13)	5:00 - 5:45pm	5:00 - 5:45pm	YOUTH & ADULT(Ages 7+)	STRETCH CLASS	1:00 - 1:45pm
FL#1 LBLACK	5:00 - 5:45pm	FL#1 LBLACK	FL#1 YELLOW - H. YELLOW	7:00 - 8:15 pm	CLUB MEMBER	FL#2 GREEN +
FL#1 BROWN HBROWN	FL#1 YELLOW - H. YELLOW	FL#1 BROWN H.BROWN	FL#2 WHITE	FL#1 SKF CARDIO &	YOUTH & ADULT (Ages 7+)	CLOSED AT 2:30 PM
FL#2 BLUE - H. BLUE	FL#2 WHITE	FL#2 BLUE - H. BLUE	KIDS & YOUTH ( Ages 6 - 13)	STRETCH CLASS	12:00-1:00PM	
YOUTH (Ages 7 - 13)	ADULT ONLY (30+)	YOUTH (Ages 7 - 13)	6:00 -6:45pm	CLUB MEMBER	FL#2 SPARRING	
6:00 - 6:45pm	6:00 - 6:45pm	6:00 -6:45pm	FL#2 WHITE+ KIDS	CLOSED AT 8:30 PM	CLUB MEMBER	
FL#1 GREEN - H. GREEN	FL#2 WHITE +	FL#1 GREEN - H. GREEN	FL#2 WHITE+ YOUTH	4	ADULT (Ages 14 +)	
FL#2 ORANGE-H.ORANGE	ADULT (Ages 14 +)	FL#2 ORANGE-H.ORANGE	ADULT (Ages 14 +)		1:00 - 2:00pm	
FL# 2 JIU JITSU	6:00 - 6:45pm	FL# 2 JIU JITSU (Ages 14 +)	6:00 - 6:45pm		FL#3 Jiu Jitsu Class	
WHITE - YELLOW	FL#1 LOW BLACK	WHITE - YELLOW	FL#1 LOW BLACK	1	ADULT (Ages 14 +)	
6:30 - 7:30 pm	ADULT (Ages 14 +)	6:30 - 7:30 pm	ADULT (Ages 14 +)		1:00 - 2:00pm	
ORANGE +	7:00 - 8:00pm	ORANGE +	7:00 - 8:00pm		FL#2 WHITE +	
7:30 - 8:30 pm	FL#1 BLACK	7:30 - 8:30 pm	FL#1 BLACK		CLOSED AT 2:30 PM	
ADULT (Ages 14 +)	Adult (Ages 14 +)	ADULT (Ages 14 +)	ADULT (Ages 14 +)			
7:00 - 7:45pm	7:45 - 8:30 pm	7:00 - 7:45pm	7:45 - 8:30 pm			
FL#1 HIGH BROWN	WHITE TO HI YELLOW	FL#1 HIGH BROWN	FL#1 WHITE TO HI YELLOW	4		
FL#2 BROWN	DEGREE ONLY	FL#2 BROWN	DEGREE ONLY			
ADULT (Ages 14 +)	8:00 - 8:30 pm	ADULT (Ages 14 +)	8:00 - 8:30 pm	+		
<b>7:45 - 8:30pm</b> FL#1 BLUE	ADULT (Ages 14 +) 8:30 - 9:15	<b>7:45 - 8:30pm</b> FL#1 BLUE + HI BLUE	ADULT (Ages 14 +) 8:30 - 9:15pm			
FL#1 HI-BLUE	FL#1 ORANGE - H. ORANGE	FL#2 SPARRING	FL#1 ORANGE - H. ORANGE			
FL#2 FIGHT CLUB	FL#1 ORANGE - H. ORANGE FL#2 GREEN-H.GREEN	CLUB MEMBER	FL#1 ORANGE - H. ORANGE FL#2 GREEN-H.GREEN			
(Ages 14 +)	CLOSED AT 9:30 PM	7:45-8:30pm	CLOSED AT 9:30 PM			
CLUB MEMBER	020025111 31001111	ADULT (Ages 14 +)	020025 111 3150 1 11	•		
ORANGE BELT+		8:30 - 9:15pm				
7:45 - 8 :30 pm		FL#1 YELLOW				
ADULT (Ages 14 +)	1	FL#1 HI-YELLOW				
8:30 - 9:15pm		FL#2 WHITE				
FL#1 YELLOW		CLOSED AT 9:30 PM				
FL#1 HI-YELLOW			_			
FL#2 WHITE	]					
CLOSED AT 9:30 PM						