



Way of Life

CHAMPIONS MARTIAL ARTS ACADEMY

Creating Black Belts Since 1992

Effective September 2014 Phone # 604-983-3799

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championsnorthvan

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|--|--|--|--|
| Open at 9:00 am 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-ORANGE FL#2 HI-ORANGE+ | Open at 9:00 am 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 12:00 pm Open Training 12:00-5:00pm KIDS (Ages 3 - 6) 5:00 - 5:45 pm FL#1 KIDS WHITE + 6:00 - 6:45 pm FL#2 YOUTH WHITE + ADULT (Ages 14 +) 6:00-6:45 pm FL#1 C. MEMBER CLASS YOUTH & ADULT(Ages 7+) 7:00 - 8:15 pm FL#1 SKF CARDIO & STRETCH CLASS CLUB MEMBER Closed at 8:30 pm | Open at 8:45 am 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 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 FL #3 RANK ENHANCEMENT CLASS 12:30 pm 1:00 pm 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 + CLUB MEMBER CLASS 2:00 - 2:45 pm FL#1 Kids/Youth H Yellow + FL#2 FIGHT CLUB (Ages 14 +) CLUB MEMBER ORANGE BELT+ 2:00 - 2:45 pm Closed at 3:00 pm | Open at 10:45 am 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 WHITE+ ADULT (Ages 14 +) 12:00 -12:45 pm FL#2 WHITE- H.ORANGE YOUTH (Ages 7 - 13) 1:00 - 1:45 pm FL#1 WHITE+ ADULT (Ages 14 +) 1:00 - 1:45 pm FL#2 GREEN + Closed at 2:30 pm |
| Open Training 9:00-4:00 pm ADULT (Ages 14 +) 4:00 - 4:45 pm FL#1 WHITE-YELLOW FL#1 HI-YELLOW+ | 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+ | Open Training 9:00-4:00 pm ADULT (Ages 14 +) 4:00 - 4:45 pm FL#1 WHITE-HI-YELLOW FL#1 ORANGE+ | Open Training 11:00-4:00 pm ADULTS ONLY (30+) 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 & YOUTH (Ages 6 - 13) 6:00 -6:45 pm FL#2 WHITE+ KIDS FL#2 WHITE+ YOUTH ADULT (Ages 14 +) 6:00 - 6:45 pm FL#1 LOW BLACK ADULT (Ages 14 +) 7:00 - 8:00 pm FL#1 BLACK ADULT (Ages 14 +) 7:45 - 8:30 pm FL#1 WHITE TO HI YELLOW DEGREE ONLY 8:00 - 8:30 pm ADULT (Ages 14 +) 8:30 - 9:15 pm FL#1 ORANGE - H. ORANGE FL#2 GREEN-H.GREEN Closed at 9:30 pm | | | |
| KIDS (Ages 3 - 6) 4:00 - 5:45 pm FL# 3 WHITE BELT FL#2 H. YELLOW + YOUTH (Ages 7 - 13) 5:00 - 5:45 pm FL#1 LBLACK FL#1 BROWN HBROWN FL#2 BLUE - H. BLUE YOUTH (Ages 7 - 13) 6:00 - 6:45 pm FL#1 GREEN - H. GREEN FL#2 ORANGE-H.ORANGE FL #2 JIU JITSU WHITE - YELLOW 6:30 - 7:30 pm ORANGE + 7:30 - 8:30 pm ADULT (Ages 14 +) 7:00 - 7:45 pm FL#1 HIGH BROWN YOUTH (Ages 9-13)) CLUB MEMBER 7:00 - 7:30 pm FL #2 YOUTH FIGHT CLUB GREEN BELT + 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 Closed at 9:30 pm | YOUTH (Ages 7 - 13) 4:00 - 4:45 pm FL#1 WHITE-HI-YELLOW FL#2 ORANGE+ KIDS (Ages 3 - 6) 4:00 - 4:45 pm FL#2 WHITE - YELLOW YOUTH (Ages 7 - 13) 5:00 - 5:45 pm FL#1 LBLACK FL#1 YELLOW - H. YELLOW FL#2 WHITE ADULT ONLY (30+) 6:00 - 6:45 pm FL#2 WHITE + ADULT (Ages 14 +) 6:00 - 6:45 pm FL#1 LOW BLACK ADULT (Ages 14 +) 7:00 - 8:00 pm FL#1 BLACK ADULT (Ages 14 +) 7:45 - 8:30 pm WHITE - YELLOW DEGREE ONLY 7:00 - 8:00 pm FL#1 BLACK ADULT (Ages 14 +) 8:00 - 8:30 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 +) 4:00 - 4:45 pm FL#1 WHITE-HI-YELLOW FL#1 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 HBROWN FL#2 BLUE - H. BLUE FL #3 RANK ENHANCEMENT CLASS 5:00 pm 5:30 pm 6:00 pm YOUTH (Ages 7 - 13) 6:00 -6:45 pm FL#1 GREEN - H. GREEN FL#2 ORANGE-H.ORANGE FL# 2 JIU JITSU (Ages 14 +) WHITE - YELLOW 6:30 - 7:30 pm ORANGE + 7:30 - 8:30 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 | | | | |

