

8:30 - 9:15 pm

FL#1 YELLOW

FL#1 HI-YELLOW

FL#2 WHITE

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	Open at 11:00 am	Open at 9:00 am	Open at 11:00 am	Open at 12:00 pm	Open at 8:45 am	Open at 10:45 am
ADULT (Ages 14 +)	ADULT (Ages 14 +)	ADULT (Ages 14 +)	ADULT (Ages 14 +)	Open at 12.00 pm	KIDS (Ages 3 - 6)	YOUTH & ADULT(Ages 7+)
9:30am - 10:30 am	11:15am - 12:00 pm	9:30am - 10:30 am	11:15am - 12:00 pm	Open Training 12:00-5:00pm	9:00 - 9:45 am	11:00 am - 12:00 pm
BOOT CAMP/ CARDIO	FL#1 WHITE-ORANGE	BOOT CAMP/ CARDIO	FL#1 WHITE-HI-YELLOW	KIDS (Ages 3 - 6)	FL#2 WHITE -ORANGE	FL# 1 SKF Cardio
CLUB MEMBER	FL#2 HI-ORANGE+	CLUB MEMBER	FL#2 ORANGE+	5:00 - 5:45 pm	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	FL#1 KIDS WHITE +	YOUTH (Ages 7 - 13)	KIDS (Ages 3 - 6)
ADULT (Ages 14 +)	FL #1 RANK ENHANCEMENT CLASS	ADULT (Ages 14 +)	ADULTS ONLY (30+)	YOUTH (Ages 7 - 13)	10:00am - 10:45 am	12:00 - 12:45 pm
4:00 - 4:45 pm	12:30 pm	4:00 - 4:45 pm	4:00 - 4:45 pm	6:00 - 6:45 pm	FL#2 WHITE -ORANGE	FL#1 WHITE+
FL#1 WHITE-YELLOW	ADULT (Ages 14 +)	FL#1 WHITE-HI-YELLOW	FL#1 WHITE +	FL#2 YOUTH WHITE +	FL#2 H.ORANGE +	ADULT (Ages 14 +)
FL #1 HI-YELLOW+	4:00 - 4:45 pm	FL#1 ORANGE+	KIDS (Ages 3 - 6)	ADULT (Ages 14 +)	ADULT ONLY (30+)	12:00 -12:45 pm
KIDS (Ages 3 - 6)	FL#1 WHITE-HI-YELLOW	KIDS (Ages 3 - 6)	4:00 - 4:45 pm	6:00-6:45 pm	10:00am - 10:45 am	FL#2 WHITE- H.ORANGE
4:00 - 4:45 pm FI# 3 WHITE BELT	FL#2 ORANGE+ KIDS (Ages 3 - 6)	4:00 - 4:45 pm Fl# 3 WHITE BELT	FL#2 WHITE - YELLOW YOUTH (Ages 7 - 13)	FL#1 C. MEMBER CLASS	FL#1 WHITE + YOUTH & ADULT (Ages 7+)	YOUTH (Ages 7 - 13)
FL#2 H. YELLOW +	4:00 - 4:45 pm	FL#2 H. YELLOW +	5:00 - 5:45 pm	YOUTH & ADULT(Ages 7+)	11:00am - 12:15 pm	1:00 - 1:45 pm FL#1 WHITE+
YOUTH (Ages 7 - 13)	FL#2 WHITE - YELLOW	YOUTH (Ages 7 - 13)	FL#1 YELLOW - H. YELLOW	7:00 - 8:15 pm	FL#1 SKF CARDIO	ADULT (Ages 14 +)
5:00 - 5:45 pm	YOUTH (Ages 7 - 13)	5:00 - 5:45 pm	FL#2 WHITE	FL#1 SKF CARDIO &	STRETCH CLASS	1:00 - 1:45 pm
FL#1 LBLACK	5:00 - 5:45 pm	FL#1 LBLACK	KIDS & YOUTH (Ages 6 - 13)	STRETCH CLASS	CLUB MEMBER	FL#2 GREEN +
FL#1 BROWN HBROWN	FL#1 YELLOW - H. YELLOW	FL#1 BROWN H.BROWN	6:00 -6:45 pm	CLUB MEMBER	FL #3 RANK ENHANCEMENT CLASS	Closed at 2:30 pm
FL#2 BLUE - H. BLUE	FL#2 WHITE	FL#2 BLUE - H. BLUE	FL#2 WHITE+ KIDS	Closed at 8:30 pm	12:30 pm	
YOUTH (Ages 7 - 13)	ADULT ONLY (30+)	FL #3 RANK ENHANCEMENT CLASS	FL#2 WHITE+ YOUTH		1:00 pm	
6:00 - 6:45 pm	6:00 - 6:45 pm	5:00 pm	ADULT (Ages 14 +)		YOUTH & ADULT (Ages 7+)	
FL#1 GREEN - H. GREEN	FL#2 WHITE +	5:30 pm	6:00 - 6:45 pm		12:00-1:00 pm	
FL#2 ORANGE-H.ORANGE	ADULT (Ages 14 +)	6:00 pm	FL#1 LOW BLACK		FL#2 SPARRING	
FL# 2 JIU JITSU	6:00 - 6:45 pm	YOUTH (Ages 7 - 13)	ADULT (Ages 14 +)		CLUB MEMBER	
WHITE - YELLOW	FL#1 LOW BLACK	6:00 -6:45 pm	7:00 - 8:00 pm		ADULT (Ages 14 +)	
6:30 - 7:30 pm	ADULT (Ages 14 +)	FL#1 GREEN - H. GREEN	FL#1 BLACK		1:00 - 2:00 pm	
ORANGE +	7:00 - 8:00 pm	FL#2 ORANGE-H.ORANGE	ADULT (Ages 14 +)		FL#3 Jiu Jitsu Class	
7:30 - 8:30 pm	FL#1 BLACK	FL# 2 JIU JITSU (Ages 14 +)	7:45 - 8:30 pm		ADULT (Ages 14 +)	
ADULT (Ages 14 +)	ADULT (Ages 14 +)	WHITE - YELLOW	FL#1 WHITE TO HI YELLOW		1:00 - 1:45 pm	
7:00 - 7:45 pm	7:45 - 8:30 pm	6:30 - 7 :30 pm	DEGREE ONLY		FL#2 WHITE +	
FL#1 HIGH BROWN	WHITE TO HI YELLOW	ORANGE +	8:00 - 8:30 pm		CLUB MEMBER CLASS	
YOUTH (Ages 9-13))	DEGREE ONLY	7:30 - 8:30 pm	ADULT (Ages 14 +)		2:00 - 2:45 pm	
CLUB MEMBER	8:00 - 8:30 pm	ADULT (Ages 14 +)	8:30 - 9:15 pm		FL#1 Kids/Youth H Yellow +	
7:00 - 7:30 pm	ADULT (Ages 14 +)	7:00 - 7:45 pm	FL#1 ORANGE - H. ORANGE		FL#2 FIGHT CLUB	
FL #2 YOUTH FIGHT CLUB	8:30 - 9:15 pm	FL#1 HIGH BROWN	FL#2 GREEN-H.GREEN		(Ages 14 +)	
GREEN BELT +	FL#1 ORANGE - H. ORANGE	FL#2 BROWN	Closed at 9:30 pm		CLUB MEMBER	
ADULT (Ages 14 +)	FL#2 GREEN-H.GREEN	ADULT (Ages 14 +)			ORANGE BELT+	
7:45 - 8:30 pm	Closed at 9:30 pm	7:45 - 8:30 pm			2:00 - 2:45 pm	
FL#1 BLUE	, , , , , , , , , , , , , , , , , , ,	FL#1 BLUE			Closed at 3:00 pm	
FL#1 HI-BLUE		FL#1 HI-BLUE				-
FL#2 FIGHT CLUB		FL#2 SPARRING				
(Ages 14 +)		CLUB MEMBER			133	- D h
CLUB MEMBER		7:45-8:30 pm			1	992
ORANGE BELT+		ADULT (Ages 14 +)			FST	
7:45 - 8 :30 pm		8:30 - 9:15 pm			T	002
ADULT (Ages 14 +)	1	FL#1 YELLOW				77200
112 C21 (11gC3 14 +)		FL II LIL VELLOW				

FL#1 HI-YELLOW

FL#2 WHITE

Closed at 9:30 pm

