



CHAMPIONS MARTIAL ARTS ACADEMY

Creating Black Belts Since 1992

Effective June 2016 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	Open at 11:00 am	Open at 12:00 pm	Open at 11:00 am	Open at 2:00 pm	Open at 8:45 am	Open at 10:45 am
Open Training 12:00-4:00 pm ADULT (Ages 14 +) 4:00 - 4:45 pm FL#1 WHITE-YELLOW FL#2 HI-YELLOW+	ADULT (Ages 14 +) 11:15am - 12:00 pm FL#1 WHITE-ORANGE FL#2 HI-ORANGE+	ADULT (Ages 14 +) 9:30am - 10:30 am BOOT CAMP/ CARDIO CLUB MEMBER	ADULT (Ages 14 +) 11:15am - 12:00 pm FL#1 WHITE-HI-YELLOW FL#2 ORANGE+	ADULT (Ages 14 +) 9:30am - 10:30 am BOOT CAMP/ CARDIO CLUB MEMBER	GRINDHOUSE STRENGTH & CONDITIONING OPERATION SWEAT 9:00 - 9:45 am FL# 3	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) 4:00 - 4:45 pm FL# 3 WHITE BELT FL#2 H. 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 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	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 +	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 +	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) 5:00 - 5:45 pm FL#1 LBLACK FL#1 BROWN HBROWN FL#2 BLUE - H. BLUE	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	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) 5:00 - 5:45 pm FL#1 YELLOW - H. YELLOW FL#2 WHITE	ADULT (Ages 14 +) 6:00-6:45 pm FL#1 C. MEMBER CLASS FL# 3 JIU JITSU Open Mat 7:00 - 8:00 pm YOUTH & ADULT(Ages 7+)	11:00 am - 11:45 am FL#3 WHITE -ORANGE ADULT ONLY (30+) 10:00am - 10:45 am FL#1 WHITE +	YOUTH (Ages 7 - 13) 1:00 - 1:45 pm FL#1 HORANGE + ADULT (Ages 14 +) 1:00 - 1:45 pm FL#2 GREEN +
FL#3 JIU JITSU FUNDAMENTALS 6:30 - 7:30 pm WHITE +	ADULT (Ages 14 +) 5:45 - 6:45 pm FL#1 LOW BLACK ADULT ONLY (30+) 6:00 - 6:45 pm FL#2 WHITE +	YOUTH (Ages 7 - 13) 6:00 - 6:45 pm FL#1 GREEN - H. GREEN FL#2 ORANGE-H.ORANGE	KIDS & YOUTH (Ages 6 - 13) 6:00 - 6:45 pm FL#2 WHITE+ KIDS FL#2 WHITE+ YOUTH	7:00 - 8:15 pm FL#1 SKF CARDIO & STRETCH CLASS CLUB MEMBER Closed at 8:30 pm	YOUTH & ADULT (Ages 7+) 11:00am - 12:15 pm FL#1 SKF CARDIO STRETCH CLASS CLUB MEMBER	YOUTH (Ages 7 - 13) 2:00-2:45PM FL#1 WHITE - ORANGE Closed at 3:30 pm
7:30 - 8:30 pm ADULT (Ages 14 +) 7:00 - 7:45 pm FL #1 BROWN BELT FL#1 HIGH BROWN	ADULT (Ages 14 +) 7:00 - 8:00 pm FL#1 BLACK GRINDHOUSE STRENGTH & CONDITIONING COMBAT CORE 7:00 - 7:45 pm FL# 3	FUNDAMENTALS 6:30 - 7:30 pm WHITE + 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		CLUB MEMBER CLASS 11:00 am - 11:45 am FL#1 Kids/Youth H Yellow + YOUTH & ADULT (Ages 7+)	
ADULT (Ages 14 +) 7:45 - 8:30 pm FL#1 BLUE FL#1 HI-BLUE	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	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	ADULT (Ages 14 +) 7:45 - 8:30 pm FL#1 WHITE TO HI YELLOW DEGREE ONLY 8:00 - 8:30 pm FL# 3 JIU JITSU WHITE + 8:30 - 9:30 pm ADULT (Ages 14 +) 8:30 - 9:15 pm FL#1 ORANGE - H. ORANGE FL#2 GREEN-H.GREEN		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 Closed at 3:30 pm	
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	Closed at 9:30 pm	Closed at 9:30 pm			

