



# CHAMPIONS MARTIAL ARTS ACADEMY

*Creating Black Belts Since 1992*

## KIDS & YOUTH CLASS SCHEDULE

Effective January 2020

*Way of Life*

### MONDAY

Open at 12:00 pm

Open Training 12:00-4:00 pm

KIDS (Ages 4 - 6)  
4:00 - 4:45 pm  
Floor #1 WHITE & YELLOW BELT  
Floor #2 HIGH YELLOW +

YOUTH (Ages 7 - 13)  
5:00 - 5:45 pm  
Floor #1 BRN - HI BRN - LOW BLK  
Floor #2 BLUE  
Floor #3 HIGH BLUE

YOUTH (Ages 7 - 13)  
6:00 - 6:45 pm  
Floor #1 GREEN - HIGH GREEN  
Floor #2 ORANGE - HIGH ORANGE

Closed at 9:30 pm

### TUESDAY

Open at 11:00 am

Open Training 11:00-4:00 pm

KIDS (Ages 4 - 6)  
4:00 - 4:45 pm  
Floor #2 WHITE - YELLOW

YOUTH (Ages 7 - 13)  
5:00 - 5:45 pm  
Floor #1 YELLOW - HIGH YELLOW  
Floor #2 WHITE

Closed at 9:30 pm

### WEDNESDAY

Open at 12:00 pm

Open Training 12:00-4:00 pm

KIDS (Ages 4 - 6)  
4:00 - 4:45 pm  
Floor #1 WHITE & YELLOW BELT  
Floor #2 H. YELLOW +

YOUTH (Ages 7 - 13)  
5:00 - 5:45 pm  
Floor #1 BRN - HI BRN - LOW BLK  
Floor #2 BLUE  
Floor #3 HIGH BLUE

YOUTH (Ages 7 - 13)  
6:00 - 6:45 pm  
Floor #1 GREEN - HIGH GREEN  
Floor #2 ORANGE - HIGH ORANGE

Closed at 9:30 pm

### THURSDAY

Open at 11:00 am

Open Training 11:00-4:00 pm

KIDS (Ages 4 - 6)  
4:00 - 4:45 pm  
Floor #2 WHITE - YELLOW

YOUTH (Ages 7 - 13)  
5:00 - 5:45 pm  
Floor #1 YELLOW - HIGH YELLOW  
Floor #2 WHITE

KIDS & YOUTH (Ages 6 - 13)  
6:00 - 6:45 pm  
Floor #1 YOUTH WHITE to HIGH YELLOW  
Floor #2 YOUTH ORANGE +  
Floor #3 KIDS WHITE +

Closed at 9:30 pm

### FRIDAY

Open at 2:00 pm

Open Training 2:00-5:00 pm

KIDS (Ages 4 - 6)  
5:00 - 5:45 pm  
Floor #2 KIDS WHITE +

YOUTH (Ages 7 - 13)  
5:00 - 5:45 pm  
Floor #1 YOUTH WHITE - ORANGE

YOUTH (Ages 7 - 13)  
6:00 - 6:45 pm  
Floor #1 HIGH ORANGE +

Closed at 8:30 pm

### SATURDAY

Open at 8:45 am

KIDS (Ages 4 - 6)  
9:00 - 9:45 am  
Floor #2 WHITE +

YOUTH (Ages 7 - 13)  
9:00 am - 9:45 am  
Floor #1 WHITE - ORANGE

YOUTH (Ages 7 - 13)  
10:00 am - 10:45 am  
Floor #2 HIGH ORANGE +  
YOUTH (Ages 7 - 13)

YOUTH & ADULT (Ages 7+)  
11:00 am - 12:15 pm  
Floor #1 CARDIO KICKBOXING  
STRETCH CLASS  
CLUB MEMBER

CLUB MEMBER CLASS  
11:00 am - 11:45 am  
Floor #2 Kids/Youth HIGH YELLOW+

LITTLE CHAMPIONS SPARRING  
(Ages 4 to 12)  
11:45-12:30 pm  
Floor #2 SPARRING  
CLUB MEMBER

Closed at 3:30 pm

### SUNDAY

Open at 10:45 am

KIDS (Ages 4 - 6)  
11:00 am - 11:45 am  
Floor #2- WHITE - YELLOW

YOUTH & ADULT (Ages 7+)  
11:00 am - 12:00 pm  
Floor #1 CARDIO KICKBOXING  
CLUB MEMBER

KIDS (Ages 4 - 6)  
12:00 - 12:45 pm  
Floor #1 HIGH YELLOW+

YOUTH (Ages 7 - 13)  
12:00 - 12:45 pm  
Floor #1 WHITE - ORANGE

YOUTH (Ages 7 - 13)  
1:00 - 1:45 pm  
Floor #1 HIGH ORANGE +

Closed at 3:30 pm



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