



Way of Life

CHAMPIONS MARTIAL ARTS ACADEMY

Creating Black Belts Since 1992

Effective September 2019

MONDAY

Open at 12:00 pm

Open Training 12:00-4:00 pm

AM BOOT CAMP (Ages 14+)
strength & conditioning
10:00 am - 11:00 am
Floor #1 CHAMPIONS BOOT CAMP
CLUB MEMBER

ADULT (Ages 14+)
4:00 - 4:45 pm
Floor #1 WHITE+

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

ADULT (Ages 14+)
6:00 pm - 6:45 pm
Floor #3 KICKBOXING & CONDITIONING
CLUB MEMBER

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

Floor #3 JIU JITSU (Ages 14+)
FUNDAMENTALS
WHITE + 7:00 - 8:00 pm
ADVANCED 8:00 - 9:00 pm

ADULT (Ages 14+)
7:00 - 8:00 pm
Floor #1 HIGH BROWN
Floor #2 BROWN

ADULT (Ages 14+)
8:00 - 8:45 pm
Floor #1 BLUE & HIGH BLUE

Floor #2 FIGHT CLUB
(Ages 14+)
CLUB MEMBER ORANGE BELT+
8:00 - 8:45 pm

Closed at 9:30 pm

TUESDAY

Open at 11:00 am

Open Training 11:00-4:00 pm

ADULT (Ages 14+)
11:15 am - 12:00 pm
Floor #1 WHITE+

TEEN (Ages 13+)
4:15 - 5:00 pm
Floor #1 TEEN CLASS WHITE +

ADULT (Ages 14+)
4:00 - 4:45 pm
Floor #1 WHITE +

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

ADULT (Ages 14+)
5:45 - 6:45 pm
Floor #1 LOW BLACK

ADULT ONLY (30+)
6:00 - 6:45 pm
Floor #2 WHITE +

ADULT (Ages 14+)
6:00 - 6:45 pm
Floor #1 WHITE to HI ORANGE

ADULT (Ages 14+)
7:00 - 8:15 pm
Floor #1 BLACK BELT CLASS

ADULT (Ages 14+)
7:45 - 8:30 pm
Floor #2 WHITE to HI ORANGE

Floor #3 JIU JITSU
WHITE +
8:30 - 9:30 pm

ADULT (Ages 14+)
8:30 - 9:15 pm
Floor #1 ORANGE - HIGH GREEN

ADULT (Ages 14+)
8:30 - 9:15 pm
Floor #2 KICKBOXING

Closed at 9:30 pm

WEDNESDAY

Open at 12:00 pm

Open Training 12:00-4:00 pm

AM BOOT CAMP (Ages 14+)
strength & conditioning
10:00 am - 11:00 am
Floor #1 CHAMPIONS BOOT CAMP
CLUB MEMBER

ADULT (Ages 14+)
4:00 - 4:45 pm
Floor #1 WHITE+

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

ADULT (Ages 14+)
6:00 pm - 6:45 pm
Floor #3 KICKBOXING & CONDITIONING
CLUB MEMBER

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

Floor #3 JIU JITSU (Ages 14+)
FUNDAMENTALS
WHITE + 7:00 - 8:00 pm
ADVANCED 8:00 - 9:00 pm

ADULT (Ages 14+)
7:00 - 8:00 pm
Floor #1 HIGH BROWN
Floor #2 BROWN

ADULT (Ages 14+)
8:00 - 8:45 pm
Floor #1 BLUE & HIGH BLUE

Floor #2 KICKBOXING SPARRING
CLUB MEMBER
8:00 - 8:45 pm

Closed at 9:30 pm

THURSDAY

Open at 11:00 am

Open Training 11:00-4:00 pm

ADULT (Ages 14+)
11:15 am - 12:00 pm
Floor #1 WHITE+

TEEN (Ages 13+)
4:15 - 5:00 pm
Floor #1 TEEN CLASS WHITE +

ADULT (Ages 14+)
4:00 - 4:45 pm
Floor #1 WHITE +

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

ADULT (Ages 14+)
5:45 - 6:45 pm
Floor #1 LOW BLACK

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 +

ADULT (Ages 14+)
7:00 - 8:15 pm
Floor #1 BLACK BELT CLASS

ADULT (Ages 14+)
7:45 - 8:30 pm
Floor #2 WHITE to HI ORANGE

Floor #3 JIU JITSU
WHITE +
8:30 - 9:30 pm

ADULT (Ages 14+)
8:30 - 9:15 pm
Floor #1 ORANGE - HIGH GREEN

ADULT (Ages 14+)
8:30 - 9:15 pm
Floor #2 KICKBOXING

Closed at 9:30 pm

FRIDAY

Open at 2:00 pm

Open Training 2:00-5:00 pm

AM BOOT CAMP (Ages 14+)
strength & conditioning
10:00 am - 11:00 am
Floor #1 CHAMPIONS BOOT CAMP
CLUB MEMBER

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 +

ADULT (Ages 14+)
6:00 - 6:45 pm
Floor #2 ADULT CLASS CLUB MEMBER

Floor #3 JIU JITSU
Open Mat
7:00 - 8:00 pm

ADULT (Ages 14+)
7:00 - 7:45 pm
Floor #2 WHITE +

Closed at 8:30 pm

SATURDAY

Open at 8:45 am

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

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

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

ADULT ONLY (30+)
10:00 am - 10:45 am
Floor #1 WHITE +

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

CLUB MEMBER CLASS
11:00 am - 12:45 am
Floor #2 Kids/Youth HIGH YELLOW+

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

ADULT KICKBOXING SPARRING
(Ages 13+)
12:30 - 1:15 pm
Floor #2 SPARRING
CLUB MEMBER

ADULT (Ages 14+)
1:00 - 2:00 pm
Floor #3 Jiu Jitsu Class

ADULT (Ages 14+)
1:00 - 1:45 pm
Floor #1 WHITE +

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

ADULT (Ages 14+)
12:00 - 12:45 pm
Floor #2 WHITE+

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

TEEN CLASS (Ages 13+)
2:00 - 2:45 pm
Floor #2 WHITE +

Closed at 3:30 pm



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www.championswayoflife.com

- Kids Classes (4 - 6)
- Youth Classes (7 - 13)
- Adult Classes (14+)
- Teen Classes (13+)
- Fight Club & Sparring Classes
- Cardio Kickboxing/Boot Camp
- Jiu Jitsu Classes