



# CHAMPIONS MARTIAL ARTS ACADEMY

## Creating Black Belts Since 1992

### Effective January 2017

### Way of Life

#### MONDAY

Open at 12:00 pm

Open Training 12:00-4:00 pm

ADULT (Ages 14 +)  
9:30 am - 10:30 am  
BOOT CAMP/ CARDIO  
CLUB MEMBER

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

KIDS (Ages 3 - 6)  
4:00 - 4:45 pm  
Floor #3 WHITE BELT  
Floor #2 HIGH YELLOW +

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

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

Floor #3 JIU JITSU  
FUNDAMENTALS  
6:30 - 7:30 pm  
WHITE+ 7:30 - 8:30 pm

ADULT (Ages 14 +)  
7:00 - 7:45 pm  
Floor #1 BROWN BELT  
Floor #1 HIGH BROWN

ADULT (Ages 14 +)  
7:45 - 8:30 pm  
Floor #1 BLUE  
Floor #1 HIGH BLUE

Floor #2 FIGHT CLUB  
(Ages 14 +)  
CLUB MEMBER ORANGE BELT+  
7:45 - 8:30 pm

ADULT (Ages 14 +)  
8:30 - 9:15 pm  
Floor #1 YELLOW  
Floor #1 HIGH YELLOW  
Floor #2 WHITE

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 - ORANGE  
Floor #2 HIGH ORANGE+

ADULT (Ages 14 +)  
4:00 - 4:45 pm  
Floor #1 WHITE - HIGH YELLOW  
Floor #2 ORANGE+

KIDS (Ages 3 - 6)  
4:00 - 4:45 pm  
Floor #3 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 +)  
7:00 - 8:00 pm  
Floor #1 BLACK

GRINDHOUSE  
STRENGTH & CONDITIONING  
COMBAT CORE  
7:00 - 7:45 pm Floor #3

ADULT (Ages 14 +)  
7:45 - 8:30 pm  
WHITE TO ORANGE  
DEGREE ONLY  
8:00 - 8:30 pm

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

ADULT (Ages 14 +)  
8:30 - 9:15 pm  
Floor #1 ORANGE - HIGH ORANGE  
Floor #2 GREEN - HIGH GREEN

Closed at 9:30 pm

#### WEDNESDAY

Open at 12:00 pm

Open Training 12:00-4:00 pm

ADULT (Ages 14 +)  
9:30am - 10:30 am  
BOOT CAMP/ CARDIO  
CLUB MEMBER

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

KIDS (Ages 3 - 6)  
4:00 - 4:45 pm  
Floor #3 WHITE BELT  
Floor #2 H. YELLOW +

YOUTH (Ages 7 - 13)  
5:00 - 5:45 pm  
Floor #1 LBLACK  
Floor #1 BROWN - HIGH BROWN  
Floor #2 BLUE - HIGH BLUE

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  
6:30 - 7:30 pm  
WHITE +  
7:30 - 8:30 pm

ADULT (Ages 14 +)  
7:00 - 7:45 pm  
Floor #1 HIGH BROWN  
Floor #1 BROWN

ADULT (Ages 14 +)  
7:45 - 8:30 pm  
Floor #1 BLUE  
Floor #1 HIGH BLUE

Floor #2 SPARRING  
CLUB MEMBER  
7:45-8:30 pm

ADULT (Ages 14 +)  
8:30 - 9:15 pm  
Floor #1 YELLOW  
Floor #1 HIGH YELLOW  
Floor #2 WHITE

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 - HIGH YELLOW  
Floor #2 ORANGE+

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

KIDS (Ages 3 - 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 #3 WHITE+ KIDS  
Floor #2 WHITE+ YOUTH

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

GRINDHOUSE  
STRENGTH & CONDITIONING  
COMBAT CORE  
7:00 - 7:45 pm  
Floor #3

ADULT (Ages 14 +)  
7:45 - 8:30 pm  
Floor #1 WHITE TO ORANGE  
DEGREE ONLY  
8:00 - 8:30 pm

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

ADULT (Ages 14 +)  
8:30 - 9:15 pm  
Floor #1 ORANGE - HIGH ORANGE  
Floor #2 GREEN - HIGH GREEN

Closed at 9:30 pm

#### FRIDAY

Open at 2:00 pm

Open Training 2:00-5:00pm

KIDS (Ages 3 - 6)  
5:00 - 5:45 pm  
Floor #1 KIDS WHITE +

YOUTH (Ages 7 - 13)  
6:00 - 6:45 pm  
Floor #2 YOUTH WHITE +

ADULT (Ages 14 +)  
6:00-6:45 pm  
Floor #1 C. MEMBER CLASS

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

YOUTH & ADULT (Ages 7+)  
7:00 - 8:15 pm  
Floor #1 SKF CARDIO &  
STRETCH CLASS  
CLUB MEMBER

Closed at 8:30 pm

#### SATURDAY

Open at 8:45 am

KIDS (Ages 3 - 6)  
9:00 - 9:45 am  
Floor #2 WHITE - ORANGE  
Floor #2 HIGH ORANGE +

YOUTH (Ages 7 - 13)  
10:00 am - 10:45 am  
Floor #2 HIGH ORANGE +  
YOUTH (Ages 7 - 13)  
11:00 am - 11:45 am  
Floor #3 WHITE - ORANGE

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

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

CLUB MEMBER CLASS  
11:00 am - 11:45 am  
Floor #1 Kids/Youth HIGH YELLOW+

YOUTH & ADULT (Ages 7+)  
12:00-1:00 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 #2 WHITE +

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

Closed at 3:30 pm

#### SUNDAY

Open at 10:45 am

KIDS (Ages 3-6)  
11:00 am - 11:45 am  
Floor #2- WHITE - YELLOW

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

KIDS (Ages 3 - 6)  
12:00 - 12:45 pm  
Floor #1 HIGH YELLOW+

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

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

ADULT (Ages 14 +)  
1:00 - 1:45 pm  
Floor #2 GREEN +

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

Closed at 3:30 pm



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- Kids Classes (3 - 6)
- Sparring & Fight Club Classes
- Youth Classes (7 - 13)
- Strength & Conditioning
- Adult Classes (14 +)
- Cardio Kickboxing/Boot Camp
- Jiu Jitsu Classes