



# CHAMPIONS MARTIAL ARTS ACADEMY

## Creating Black Belts Since 1992

### Effective October 2017

### Way of Life

#### MONDAY

Open at 12:00 pm

Open Training 12:00-4:00 pm

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

KIDS (Ages 4 - 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 7:00 - 8:00 pm  
WHITE + 8:00 - 9:00 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+

TEEN (Ages 13+) & ADULT (Ages 14+) 4:00 - 4:45 pm  
Floor #1 WHITE +  
Floor #2 ORANGE+

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+) 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+) 4:00 - 4:45 pm  
Floor #1 WHITE - HIGH YELLOW  
Floor #1 ORANGE+

KIDS (Ages 4 - 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 7:00 - 8:00 pm  
WHITE +  
8:00 - 9:00 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+

TEEN (Ages 13+) & 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 #2 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 4 - 6) 5:00 - 5:45 pm  
Floor #1 KIDS WHITE +

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

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

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 4 - 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 4 - 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 4 - 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

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

Closed at 3:30 pm



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