



# CHAMPIONS MARTIAL ARTS ACADEMY

## Creating Black Belts Since 1992

### Effective January 2019

### 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+

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

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

ADVANCED 8:00 - 9:00 pm

ADULT (Ages 14 +)  
7:00 - 7:45 pm  
Floor #1 HIGH BROWN  
Floor #2 BROWN

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

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+)  
4:00 - 4:45 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 +)  
7:00 - 8:15 pm  
Floor #1 BLACK BELT CLASS

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

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

#### WEDNESDAY

Open at 12:00 pm

Open Training 12:00-4:00 pm

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

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 - 7:45 pm  
Floor #1 HIGH BROWN  
Floor #2 BROWN

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

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

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

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+)  
4:00 - 4:45 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 HIGH YELLOW +  
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 ORANGE

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 #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

YOUTH & ADULT (Ages 7+)  
7:00 - 8:15 pm  
Floor #1 CARDIO KICKBOXING &  
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 #1 WHITE - ORANGE  
Floor #2 WHITE +

~~YOUTH (Ages 7 - 13)  
10:00 am - 10:45 am  
Floor #2 HIGH ORANGE +  
YOUTH (Ages 7 - 13)  
Temporarily closed as makeup class~~

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 CARDIO KICKBOXING  
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 #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+

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

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

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

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

Closed at 3:30 pm



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- 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