



Way of Life

# CHAMPIONS MARTIAL ARTS ACADEMY

Creating Black Belts Since 1992

Effective November 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

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

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

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

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

TEEN (Ages 13+)  
6:45 pm - 7:00 pm  
Floor #1 TEEN CLASS WHITE +

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 10:00 am

Open Training 11:00-4:00 pm

Fitness Interval Training + Stretch  
10:00 am - 11:00 am

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

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

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 MUAY THAI 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

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

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

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

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

TEEN (Ages 13+)  
6:45 pm - 7:00 pm  
Floor #1 TEEN CLASS WHITE +

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 10:00 am

Open Training 11:00-4:00 pm

Fitness Interval Training + Stretch  
10:00 am - 11:00 am

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

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

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 MUAY THAI KICKBOXING

Closed at 9:30 pm

## FRIDAY

Open at 2:00 pm

Open Training 2:00-5:00pm

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

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

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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- 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
- Fitness Interval Training + Stretch

