



CHAMPIONS MARTIAL ARTS ACADEMY

Creating Black Belts Since 1992

TEENS & ADULTS CLASS SCHEDULE

Effective February 2020

Way of Life

MONDAY

Open at 12:00 pm

Open Training 12:00-4:00 pm

CHAMPIONS CROSSTRaining (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+

ADULT (Ages 14+)
6:15 Pm - 7:00 Pm
Floor #3 KICKBOXING & CONDITIONING CLUB MEMBER

TEEN (Ages 13+)
6:15 - 7:00 pm
Floor #1 TEEN CLASS WHITE +

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

CHAMPIONS CROSSTRaining + FLEX (Ages 14+)
Strength & Conditioning
10:00 am - 11:00 am
Floor #1 CHAMPIONS BOOT CAMP CLUB MEMBER

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 +

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

CHAMPIONS CROSSTRaining (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+

ADULT (Ages 14+)
6:15 Pm - 7:00 Pm
Floor #3 KICKBOXING & CONDITIONING CLUB MEMBER

TEEN (Ages 13+)
6:15 - 7:00 pm
Floor #1 TEEN CLASS WHITE +

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

CHAMPIONS CROSSTRaining + FLEX (Ages 14+)
Strength & Conditioning
10:00 am - 11:00 am
Floor #1 CHAMPIONS BOOT CAMP CLUB MEMBER

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 +

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

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 2:00-5:00pm

CHAMPIONS CROSSTRaining (Ages 14+)
Strength & Conditioning
10:00 am - 11:00 am
Floor #1 CHAMPIONS BOOT CAMP CLUB MEMBER

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 +

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

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

Closed at 8:30 pm

SATURDAY

Open at 8:45 am

ADULT ONLY (30+)
10:00am - 10:45 am
Floor #2 WHITE +

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

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 #1 SPARRING CLUB MEMBER

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

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

Closed at 3:30 pm

SUNDAY

Open at 10:45 am

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

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

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

Closed at 3:30 pm



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