



# CHAMPIONS MARTIAL ARTS ACADEMY SCHEDULE

**Effective January 1st 2012 Phone # 604 -983-3799**



**WWW.CHAMPIONSWAYOFLIFE.COM**

**\*\*\*\*\*Classes are marked as 1 hour classes for the benefit of our Masters Club Members\*\*\*\*\***

| MONDAY                                   | TUESDAY                             | WEDNESDAY                                | THURSDAY                               | FRIDAY                            | SATURDAY                                 | SUNDAY                            |
|--|-------------------------------------|--|--|-----------------------------------|--|-----------------------------------|
| <b>OPENS AT 9:00 AM</b>                  | <b>OPENS AT 11:00 AM</b>            | <b>OPENS AT 9:00 AM</b>                  | <b>OPENS AT 11:00 AM</b>               | <b>OPENS AT 11:00 AM</b>          | <b>OPENS AT 8:45 AM</b>                  | <b>OPENS AT 10:45 AM</b>          |
| <b>POWER 30 9 AM to 12 PM</b>            | <b>ADULT (Ages 14 +)</b>            | <b>POWER 30 9 AM to 12 PM</b>            | <b>ADULT (Ages 14 +)</b>               | <b>Open Training 11:00-5:00pm</b> | <b>KIDS (Ages 3 - 6)</b>                 | <b>YOUTH &amp; ADULT(Ages 7+)</b> |
| <b>ADULT (Ages 14 +)</b>                 | <b>11:15am - 12:15pm</b>            | <b>ADULT (Ages 14 +)</b>                 | <b>11:15am - 12:15pm</b>               | <b>Kids (Ages 3 - 6)</b>          | <b>9:00 - 10:00</b>                      | <b>11:00 am - 12:00 pm</b>        |
| <b>9:30am - 10:30 am</b>                 | <b>FL#1 WHITE-ORANGE</b>            | <b>9:30am - 10:30 am</b>                 | <b>FL#1 WHITE-ORANGE</b>               | <b>5:00 - 6:00pm</b>              | <b>FL#2 WHITE -ORANGE</b>                | <b>FL# 1 SKF Cardio</b>           |
| <b>BOOT CAMP/ CARDIO</b>                 | <b>FL#2 HI-ORANGE+</b>              | <b>BOOT CAMP/ CARDIO</b>                 | <b>FL#2 HI-ORANGE+</b>                 | <b>FL#1 KIDS WHITE +</b>          | <b>FL#2 HORANGE +</b>                    | <b>C. MEMBER</b>                  |
| <b>Open Training 10:30-4:00 pm</b>       | <b>Open Training 12:30-4:00 pm</b>  | <b>Open Training 10:30-4:00 pm</b>       | <b>Open Training 12:30-4:00 pm</b>     | <b>CLUB MEMBER CLASS</b>          | <b>YOUTH (Ages 7 - 13)</b>               | <b>KIDS (Ages 3 - 6)</b>          |
| <b>ADULT (Ages 14 +)</b>                 | <b>TINY CHAMPIONS</b>               | <b>ADULT (Ages 14 +)</b>                 | <b>TINY CHAMPIONS</b>                  | <b>5:00 - 6:00pm</b>              | <b>10:00am - 11:00am</b>                 | <b>12:00 - 1:00pm</b>             |
| <b>4:00 - 5:00pm</b>                     | <b>3:30 - 4 PM</b>                  | <b>WHITE BELT +</b>                      | <b>3:30 - 4 PM</b>                     | <b>FL#3 Kids/Youth H Yellow +</b> | <b>FL#2 WHITE -ORANGE</b>                | <b>FL#1 WHITE+</b>                |
| <b>FL#1 WHITE-ORANGE</b>                 | <b>ADULT (Ages 14 +)</b>            | <b>12:00 - 12:45 pm</b>                  | <b>ADULTS ONLY (30+)</b>               | <b>YOUTH (Ages 7 - 13)</b>        | <b>FL#2 HORANGE +</b>                    | <b>ADULT (Ages 14 +)</b>          |
| <b>FL #1 HI-ORANGE+</b>                  | <b>4:00 - 5:00pm</b>                | <b>ADULT (Ages 14 +)</b>                 | <b>4:00 - 5:00pm</b>                   | <b>6:00 - 6:45</b>                | <b>ADULT ONLY (30+)</b>                  | <b>12:00 - 1:00pm</b>             |
| <b>KIDS (Ages 3 - 6)</b>                 | <b>FL#1 WHITE-ORANGE</b>            | <b>4:00 - 4:45</b>                       | <b>FL#1 WHITE +</b>                    | <b>FL#2 YOUTH WHITE +</b>         | <b>10:00am - 11:00am</b>                 | <b>FL#2 WHITE-GREEN</b>           |
| <b>4:00 - 5:00pm</b>                     | <b>FL#2 HI-ORANGE+</b>              | <b>FL#1 WHITE-ORANGE</b>                 | <b>KIDS (Ages 3 - 6)</b>               | <b>ADULT (Ages 14 +)</b>          | <b>FL#1 WHITE +</b>                      | <b>YOUTH (Ages 7 - 13)</b>        |
| <b>FI# 3 WHITE BELT</b>                  | <b>KIDS (Ages 3 - 6)</b>            | <b>FL#1 HI-ORANGE+</b>                   | <b>4:00 - 5:00pm</b>                   | <b>6:00-6:45</b>                  | <b>YOUTH &amp; ADULT (Ages 7+)</b>       | <b>1:00 - 2:00pm</b>              |
| <b>FL#2 H. YELLOW +</b>                  | <b>4:00 - 5:00pm</b>                | <b>KIDS (Ages 3 - 6)</b>                 | <b>FL#2 WHITE - YELLOW</b>             | <b>FL#1 C. MEMBER</b>             | <b>11:00am - 12:00pm</b>                 | <b>FL#1 WHITE+</b>                |
| <b>YOUTH (Ages 7 - 13)</b>               | <b>FL#2 WHITE - YELLOW</b>          | <b>4:00 - 5:00pm</b>                     | <b>YOUTH (Ages 7 - 13)</b>             | <b>CLASS</b>                      | <b>FL#1 SKF CARDIO</b>                   | <b>ADULT (Ages 14 +)</b>          |
| <b>5:00 - 6:00pm</b>                     | <b>YOUTH (Ages 7 - 13)</b>          | <b>FI# 3 WHITE BELT</b>                  | <b>5:00 - 6:00pm</b>                   | <b>YOUTH &amp; ADULT(Ages 7+)</b> | <b>C. MEMBER</b>                         | <b>1:00 - 2:00pm</b>              |
| <b>FL#1 LBLACK</b>                       | <b>5:00 - 6:00pm</b>                | <b>FL#2 H. YELLOW +</b>                  | <b>FL#1 YELLOW - H. YELLOW</b>         | <b>7:00 - 8:15 pm</b>             | <b>YOUTH &amp; ADULT (Ages 7+)</b>       | <b>FL#2 HI-GREEN +</b>            |
| <b>FL#1 BROWN HBROWN</b>                 | <b>FL#1 YELLOW - H. YELLOW</b>      | <b>YOUTH (Ages 7 - 13)</b>               | <b>FL#2 WHITE</b>                      | <b>FL#1 SKF CARDIO &amp;</b>      | <b>12:00pm - 12:15pm</b>                 | <b>CLOSED at 2:30 PM</b>          |
| <b>FL#2 BLUE - H. BLUE</b>               | <b>FL#2 WHITE</b>                   | <b>5:00 - 6:00pm</b>                     | <b>KIDS &amp; YOUTH ( Ages 6 - 13)</b> | <b>STRETCH CLASS</b>              | <b>FL#1 STRETCH CLASS</b>                |                                   |
| <b>YOUTH (Ages 7 - 13)</b>               | <b>ADULT ONLY (30+)</b>             | <b>FL#1 LBLACK</b>                       | <b>6:00 - 7:00pm</b>                   | <b>C. MEMBER</b>                  | <b>C. MEMBER</b>                         |                                   |
| <b>6:00 - 7:00pm</b>                     | <b>6:00 - 7:00pm</b>                | <b>FL#1 BROWN HBROWN</b>                 | <b>FL#2 WHITE+ KIDS</b>                | <b>CLOSED AT 8:30 PM</b>          | <b>YOUTH &amp; ADULT (Ages 7+)</b>       |                                   |
| <b>FL#1 GREEN - H. GREEN</b>             | <b>FL#2 WHITE +</b>                 | <b>FL#2 BLUE - H. BLUE</b>               | <b>FL#2 WHITE+ YOUTH</b>               |                                   | <b>12:00-1:00PM</b>                      |                                   |
| <b>FL#2 ORANGE-H.ORANGE</b>              | <b>ADULT (Ages 14 +)</b>            | <b>YOUTH (Ages 7 - 13)</b>               | <b>ADULT (Ages 14 +)</b>               |                                   | <b>FL#2 SPARRING</b>                     |                                   |
| <b>ADULT (Ages 14 +)</b>                 | <b>6:00 - 7:00pm</b>                | <b>6:00 - 7:00pm</b>                     | <b>6:00 - 7:00</b>                     |                                   | <b>C. MEMBER</b>                         |                                   |
| <b>7:00 - 7:45pm</b>                     | <b>FL#1 LOW BLACK</b>               | <b>FL#1 GREEN - H. GREEN</b>             | <b>FL#1 LOW BLACK</b>                  |                                   | <b>ADULT (Ages 14 +)</b>                 |                                   |
| <b>FL#1 HIGH BROWN</b>                   | <b>ADULT (Ages 14 +)</b>            | <b>FL#2 ORANGE-H.ORANGE</b>              | <b>ADULT (Ages 14 +)</b>               |                                   | <b>1:00 - 2:00 pm</b>                    |                                   |
| <b>FL#2 BROWN</b>                        | <b>7:00 - 8:00</b>                  | <b>ADULT (Ages 14 +)</b>                 | <b>7:00 - 8:00</b>                     |                                   | <b>FL#3 Jiu Jitsu Class</b>              |                                   |
| <b>FL# 3 JIU JITSU (Ages 14 +)</b>       | <b>FL#1 BLACK</b>                   | <b>7:00 - 7:45pm</b>                     | <b>FL#1 BLACK</b>                      |                                   | <b>Masters &amp; Champions Club Only</b> |                                   |
| <b>7:00 - 8:00 pm</b>                    | <b>Adult White Belt (Ages 14 +)</b> | <b>FL#1 HIGH BROWN</b>                   | <b>WHITE TO HI YELLOW</b>              |                                   | <b>ADULT (Ages 14 +)</b>                 |                                   |
| <b>Masters &amp; Champions Club Only</b> | <b>7:45 - 8:30 pm</b>               | <b>FL#2 BROWN</b>                        | <b>(Ages 14 +)</b>                     |                                   | <b>1:00 - 2:00</b>                       |                                   |
| <b>ADULT (Ages 14 +)</b>                 | <b>DEGREE ONLY</b>                  | <b>FL# 3 JIU JITSU(Ages 14 +)</b>        | <b>7:45 - 8:30 pm</b>                  |                                   | <b>FL#2 WHITE +</b>                      |                                   |
| <b>7:45 - 8:30pm</b>                     | <b>8:00 - 8:30 pm</b>               | <b>7:00 - 8:00 pm</b>                    | <b>DEGREE ONLY</b>                     |                                   | <b>CLOSED AT 2:30 PM</b>                 |                                   |
| <b>FL#1 BLUE</b>                         | <b>ADULT (Ages 14 +)</b>            | <b>Masters &amp; Champions Club Only</b> | <b>8:00 - 8:30 pm</b>                  |                                   |  |                                   |
| <b>FL#1 HI-BLUE</b>                      | <b>8:30 - 9:15</b>                  | <b>ADULT (Ages 14 +)</b>                 | <b>ADULT (Ages 14 +)</b>               |                                   |  |                                   |
| <b>FL#2 FIGHTER TRAINING</b>             | <b>FL#1 ORANGE - H. ORANGE</b>      | <b>7:45 - 8:30pm</b>                     | <b>8:30 - 9:15</b>                     |                                   |  |                                   |
| <b>(Ages 14 +)</b>                       | <b>FL#2 GREEN-H.GREEN</b>           | <b>FL#1 BLUE</b>                         | <b>8:30 - 9:15pm</b>                   |                                   |  |                                   |
| <b>CLASS (C. Member) Orange Belt +</b>   | <b>CLOSED AT 9:30 PM</b>            | <b>FL#1 HI-BLUE</b>                      | <b>FL#1 ORANGE - H. ORANGE</b>         |                                   |  |                                   |
| <b>7:45 - 8:30 pm</b>                    |                                     | <b>FL#2 SPARRING C.MEMBER</b>            | <b>FL#2 GREEN-H.GREEN</b>              |                                   |  |                                   |
| <b>ADULT (Ages 14 +)</b>                 |                                     | <b>7:45 - 8:30 pm</b>                    | <b>CLOSED AT 9:30 PM</b>               |                                   |  |                                   |
| <b>8:30 - 9:15pm</b>                     |                                     | <b>ADULT (Ages 14 +)</b>                 |  |                                   |  |                                   |
| <b>FL#1 YELLOW</b>                       |                                     | <b>8:30 - 9:15pm</b>                     |  |                                   |  |                                   |
| <b>FL#1 HI-YELLOW</b>                    |                                     | <b>FL#1 YELLOW</b>                       |  |                                   |  |                                   |
| <b>FL#2 WHITE</b>                        |                                     | <b>FL#1 HI-YELLOW</b>                    |  |                                   |  |                                   |
| <b>CLOSED AT 9:30 PM</b>                 |                                     | <b>FL#2 WHITE</b>                        |  |                                   |  |                                   |
|  |                                     | <b>CLOSED AT 9:30 PM</b>                 |  |                                   |  |                                   |