CHAMPIONS MARTIAL ARTS ACADEMY SCHOOL SCHEDULE

SEPTEMBER 7th , 2010 PHONE # 604 983-3799

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPENS AT 8:30 AM	**6:30 AM White +**	**OPENS AT 8:30 AM**	**6:30 AM White +**	**OPENS AT 8:30 AM**	**OPENS AT 9:00 AM**	**OPENS AT 10:45 AM**
POWER 30 9 AM to 12 PM	**OPENS AT 11:00 AM**	***POWER 30 9 AM to 12 PM***	**OPENS AT 11:00 AM**	***POWER 30 9 AM to 12 PM***	*KIDS*	*YOUTH & ADULT*
ADULT	*ADULT*	*ADULT*	*ADULT*	**Open Training 12:00-5:00pm**	**9:15 - 10:15**	**11:00 am - 12:00 pm**
9:30am - 10:30 am	**11:15am - 12:15pm**	**9:30am - 10:30 am**	**11:15am - 12:15pm**	*KIDS & YOUTH*	FL#2 WHITE -ORANGE	FL# 1 SKF Cardio
BOOT CAMP/ CARDIO	FL#1 WHITE-ORANGE	*BOOT CAMP/ CARDIO*	FL#1 WHITE-ORANGE	**5:00 - 6:00pm**	FL#2 HORANGE +	**C. MEMBER**
Open Training 10:30-4:00 pm	FL#2 HI-ORANGE+	**Open Training 10:30-4:00 pm**	FL#2 HI-ORANGE+	FL#1 CLUB MEMBER CLASS	*YOUTH*	*KIDS*
WHITE BELT + (Adult)	**Open Training 12:30-4:00 pm**	*ADULT*	**Open Training 10:30-4:00 pm**	*KIDS & YOUTH*	**10:15am - 11:15am**	**12:00 - 1:00pm**
12:00 - 12:45 pm	TINY CHAMPIONS	GREEN BELT +	TINY CHAMPIONS	**6:00 - 6:45**	FL#2 WHITE -ORANGE	FL#1 WHITE+
ADULT	**3:30 - 4 PM**	**12:00 - 12:45 pm**	**3:30 - 4 PM**	*FL#2 KIDS WHITE +*	FL#2 HORANGE +	*ADULT*
4:00 - 5:00pm	*ADULT*	*ADULT*	*ADULTS ONLY (30+)*	*FL#2 YOUTH WHITE +*	*ADULT ONLY (30+)*	**12:00 -1:00pm**
FL#1 WHITE-ORANGE	**4:00 - 5:00pm**	**4:00 - 4:45**	**4:00 - 5:00pm**	*ADULT*	**10:00am - 11:00am**	FL#2 WHITE-GREEN
FL #1 HI-ORANGE+	FL#1 WHITE-ORANGE	FL#1 WHITE-ORANGE	FL#1 WHITE +	**6:00-6:45**	FL#1 WHITE +	*YOUTH*
KIDS	FL#2 HI-ORANGE+	FL#1 HI-ORANGE+	*KIDS*	FL#1 **C. MEMBER**	*YOUTH & ADULT*	**1:00 - 2:00pm**
4:00 - 5:00pm	*KIDS*	*KIDS*	**4:00 - 5:00pm**	CLASS	**11:00am - 12:00pm**	FL#1 WHITE+
FL#2 H. YELLOW +	**4:00 - 5:00pm**	**4:00 - 5:00pm**	FL#2 WHITE - YELLOW	*YOUTH & ADULT*	FL#1 SKF CARDIO	*ADULT*
YOUTH	FL#2 WHITE - YELLOW	FL#2 H. YELLOW +	*YOUTH*	**7:00 - 8:15 pm**	**C. MEMBER**	**1:00 - 2:00pm**
5:00 - 6:00pm	*YOUTH*	*YOUTH*	**5:00 - 6:00pm**	FL#1 SKF CARDIO &	*YOUTH & ADULT*	FL#2 HI-GREEN +
FL#1 LBLACK	**5:00 - 6:00pm**	**5:00 - 6:00pm**	FL#1 YELLOW - H. YELLOW	STRETCH CLASS	**12:00pm - 12:30pm**	**CLOSED at 2:30 PM**
FL#1 BROWN HBROWN	FL#1 YELLOW - H. YELLOW	FL#1 LBLACK	FL#2 WHITE	**C. MEMBER**	FL#1 STRETCH CLASS	
FL#2 BLUE - H. BLUE	FL#2 WHITE	FL#1 BROWN HBROWN	*YOUTH & ADULT*	**CLOSED AT 8:30 PM**	**C. MEMBER**	
YOUTH	*ADULT ONLY (30+)*	FL#2 BLUE - H. BLUE	**5:00 - 5:45 pm**		*YOUTH & ADULT*	
6:00 - 7:00pm	**6:00 - 7:00pm**	*YOUTH*	FL# 1 Weapons		**12:00-1:00PM**	
FL#1 GREEN - H. GREEN	FL#2 WHITE +	**6:00 - 7:00pm**	**Masters Club Only**		FL#2 SPARRING	
FL#2 ORANGE-H.ORANGE	*ADULT*	FL#1 GREEN - H. GREEN	*KIDS & YOUTH*		**C. MEMBER**	
ADULT	**6:00 - 7:00pm**	FL#2 ORANGE-H.ORANGE	**6:00 - 7:00pm**		*Adult*	
7:00 - 7:45pm	FL#1 LOW BLACK	*ADULT*	FL#2 WHITE+ KIDS		**1:00 - 2:00 pm**	
FL#1 HIGH BROWN	*ADULT*	**7:00 - 7:45pm**	FL#2 WHITE+ YOUTH		*FL#1 Jiu Jitsu Class*	
FL#2 BROWN	**7:00 - 8:00**	FL#1 HIGH BROWN	*ADULT*		**Masters Club Only**	
EXECUTIVE CLASS BEG	FL#1 BLACK	FL#2 BROWN	**6:00 - 7:00**		*ADULT*	
7:00 - 7:45pm	WHITE BELT (Adult)	*ADULT*	FL#1 LOW BLACK		**1:00 - 2:00**	
ADULT	**7:45 - 8:30 pm**	**7:45 - 8:30pm**	*ADULT*		FL#2 WHITE +	
7:45 - 8:30pm	DEGREE ONLY	FL#1 BLUE	**7:00 - 8:00**		**CLOSED AT 2:30 PM**	
FL#1 BLUE	**8:00 - 8:30 pm**	FL#1 HI-BLUE	FL#1 BLACK			
FL#1 HI-BLUE	*ADULT*	FL#2 SPARRING **C.MEMBER**	*ADULT ONLY (30 +)*			
FL#2 FIGHTER TRAINING	**8:30 - 9:15**	**7:45 - 8:30 pm**	WHITE TO HI YELLOW			
CLASS (C. Member)	FL#1 ORANGE - H. ORANGE	EXECUTIVE CLASS	**7:45 - 8:30 pm**			
7:45 - 8 :30 pm	FL#2 GREEN-H.GREEN	**7:45 - 8:30pm**	DEGREE ONLY			
EXECUTIVE CLASS ADV	**CLOSED AT 9:30 PM**	*ADULT*	**8:00 - 8:30 pm**			
7:45 - 8:30pm		**8:30 - 9:15pm**	*ADULT*			
ADULT		FL#1 YELLOW	**8:30 - 9:15**			
8:30 - 9:15pm		FL#1 HI-YELLOW	FL#1 ORANGE - H. ORANGE			
FL#1 YELLOW		FL#2 WHITE	FL#2 GREEN-H.GREEN			
FL#1 HI-YELLOW		**CLOSED AT 9:30 PM**	**CLOSED AT 9:30 PM**			
FL#2 WHITE						
CLOSED AT 9:30 PM						