



# Champions Martial Arts Academy

Creating Black Belts Since 1992  
 Teen & Adult Schedule | Effective June 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open at 12:00pm	Open at 11:00am	Open at 12:00pm	Open at 11:00am	Open at 2:00pm	Open at 8:45am	Open at 10:45am
CHAMPIONS CROSS TRAINING+ 10:00-11:00AM FLOOR #1	ADULT WHITE + 11:15-12:00PM FLOOR #1	CHAMPIONS CROSS TRAINING+ 10:00-11:00AM FLOOR #1	ADULT WHITE + 11:15-12:00PM FLOOR #1	CHAMPIONS CROSS TRAINING+ 10:00-11:00AM FLOOR #1	ADULT ONLY 10:00-10:45AM FLOOR #1	OPENTRAINING BYAPPOINTMENT ONLY 11:00AM-1:00 PM FLOOR #3
OPENTRAINING BYAPPOINTMENT ONLY 2:00-3:30PM FLOOR #3	M. CLUB ADULT WHITE+ 12:00-12:15PM FLOOR #2	OPENTRAINING BYAPPOINTMENT ONLY 2:00-3:30PM FLOOR #3	M. CLUB ADULT WHITE+ 12:00-12:15PM FLOOR #2	OPENTRAINING BYAPPOINTMENT ONLY 2:00-6:00PM FLOOR #3	MASTER'S CLUB YOUTH/ADULT 10:45-11:00AM FLOOR #2	SKF CARDIO 11:00-11:45AM FLOOR #1
ADULT WHITE + 4:00-4:45PM FLOOR #1	ADULT BJJ 12:15-1:00PM FLOOR #3	ADULT WHITE + 4:00-4:45PM FLOOR #1	ADULT BJJ 12:15-1:00PM FLOOR #1	ADULT BLACK BELT MEMBER CLASS 6:15-7:00PM FLOOR #1	SKF CARDIO 11:00-12:00PM FLOOR #1	ADULT WHITE + 12:00-12:45PM FLOOR #1
MASTER'S CLUB ADULT WHITE+ 4:45-5:00PM FLOOR #1	OPEN TRAINING BYAPPOINTMENT ONLY 2:00-3:30PM FLOOR #3	MASTER'S CLUB ADULT WHITE+ 4:45-5:00PM FLOOR #1	OPEN TRAINING BYAPPOINTMENT ONLY 2:00-3:30PM FLOOR #3	ADULT WHITE + 7:15-8:00PM FLOOR #1	BJJ WOMEN'S 12:00-12:45PM FLOOR #3	MASTERS CLUB ADULT WHITE+ 12:45-1:00PM FLOOR #1
TEEN CLASS 6:15-7:00PM FLOOR #1	ADULT WHITE + 4:00-4:45PM FLOOR #2	TEEN CLASS 6:15-7:00PM FLOOR #1	ADULT WHITE + 4:00-4:45PM FLOOR #2	ADULT BJJ 7:15-8:00PM FLOOR #3	ADULT BBC SPARRING DRILLS 12:15-1:00PM FLOOR #1	
ADULT HIGH BROWN 7:15-8:00PM FLOOR #1	TEEN CLASS 4:15-5:00PM FLOOR #1	ADULT HIGH BROWN 7:15-8:00PM FLOOR #1	TEEN CLASS 4:15-5:00PM FLOOR #1	MASTER'S CLUB ADULT 8:00-8:15PM FLOOR #1	BJJ ADULT 1:00-2:00PM FLOOR #3	
MASTER'S CLUB TEEN 7:00-7:15PM FLOOR #1	M. CLUB ADULT WHITE+ 4:45-5:00PM FLOOR #1	MASTER'S CLUB TEEN 7:00-7:15PM FLOOR #1	M. CLUB ADULT WHITE+ 4:45-5:00PM FLOOR #1	MASTER'S CLUB TEEN 5:00-5:15PM FLOOR #1	ADULT WHITE + 1:15-2:00PM FLOOR #2	
ADULT BROWN-BLUE 7:30-8:15PM FLOOR #2	M. CLUB TEEN 5:00-5:15PM FLOOR #1	ADULT BROWN-BLUE 7:30-8:15PM FLOOR #2	MASTER'S CLUB TEEN 5:00-5:15PM FLOOR #1	ADULT L. BLACK BELT 6:30-7:15PM FLOOR #1	M. CLUB ADULT WHITE + 1:00-1:15PM FLOOR #2	
ADULT BJJ - BEGINNER 7:30-8:15PM FLOOR #3	ADULT ONLY 6:00-6:45PM FLOOR #2	ADULT BJJ - BEGINNER 7:30-8:15PM FLOOR #3	ADULT L. BLACK BELT 6:30-7:15PM FLOOR #1	M. CLUB ADULT L. BLACK 7:15-7:30PM FLOOR #1		
MASTER'S CLUB HIGH BROWN 8:00-8:15PM FLOOR #1	MMA CLASS 6:00-6:45PM FLOOR #3	MASTER'S CLUB HIGH BROWN 8:00-8:15PM FLOOR #1	M. CLUB ADULT L. BLACK 7:15-7:30PM FLOOR #1	BLACK BELT CLASS 7:45-8:45PM FLOOR #1		
MASTER'S CLUB BLUE-BROWN 8:15-8:30PM FLOOR #1	ADULT LOW BLACK 6:30-7:15PM FLOOR #1	MASTER'S CLUB BLUE-BROWN 8:15-8:30PM FLOOR #1	BLACK BELT CLASS 7:45-8:45PM FLOOR #1	ADULT WHITE + 7:45-8:30PM FLOOR #2		
ADULT BLACK BELT MEMBER CLASS 8:30-9:15PM FLOOR #2	M. CLUB ADULT ONLY 6:45-7:00PM FLOOR #2	ADULT BBC SPARRING DRILLS 8:30-9:15PM FLOOR #2	ADULT WHITE + 7:45-8:30PM FLOOR #2	ADULT BJJ 8:00-8:45PM FLOOR #3		
ADULT BJJ - INT/ADV. 8:30-9:15PM FLOOR #3	ADULT WHITE + 7:00-7:45PM FLOOR #3	ADULT BJJ - INT/ADV. 8:30-9:15PM FLOOR #3	ADULT BJJ 8:00-8:45PM FLOOR #3	M. CLUB ADULT WHITE+ 8:45-9:00PM FLOOR #2		
	M. CLUB ADULT L. BLACK 7:15-7:30PM FLOOR #1					
	M. CLUB ADULT WHITE+ 7:45-8:00PM FLOOR #1					
	BLACK BELT CLASS 7:45-8:45PM FLOOR #1					
	ADULT WHITE + 7:45-8:30PM FLOOR #2					
	ADULT BJJ 8:00-8:45PM FLOOR #3					
	M. CLUB ADULT WHITE+ 8:45-9:00PM FLOOR #2					

Open Training Classes  
 Youth Classes (7-13)

Adult Classes (14+)  
 Teen Classes (13+)

Cardio Kickboxing/Bootcamp  
 Jiu Jitsu Classes

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