



# ADULT CLASS SCHEDULE

— Effective June 19th 2017 —

## - STAND UP -

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	FOUNDATIONS STRIKING 101 10:30 - 11:30am	MUAY THAI 201 10:30 - 11:30am		FOUNDATIONS STRIKING 101 10:30 - 11:30am	MUAY THAI 201 10:30 - 11:30am
MUAY THAI 201 7:00 - 8:00pm	FOUNDATIONS STRIKING 101 6:00 - 7:00pm	MUAY THAI 201 7:00 - 8:00pm	FOUNDATIONS STRIKING 101 6:00 - 7:00pm	MUAY THAI 201 7:00 - 8:15pm	FOUNDATIONS STRIKING 101 12:00 - 1:00pm
JEET KUNE DO 201 8:00 - 9:00pm	JEET KUNE DO 201 7:00 - 8:00pm	JEET KUNE DO 201 8:00 - 9:00pm	JEET KUNE DO 201 7:00 - 8:00pm	<b>FOUNDATIONS STRIKING</b> - BASIC FUNDAMENTALS, TOOL DEVELOPMENT, CONDITIONING AND BODY MECHANICS <b>JEET KUNE DO</b> - MIXED MARTIAL ARTS CONCEPTS BASED ON BRUCE LEE'S JEET KUNE DO / JUN FAN GUNG FU <b>MUAY THAI</b> - LEARN TO STRIKE WITH POWER KICKS, BOXING, ELBOWS & KNEES	
FOUNDATIONS STRIKING 101 9:00 - 10:00pm	MUAY THAI 201 8:00 - 9:15pm	FOUNDATIONS STRIKING 101 9:00 - 10:00pm	MUAY THAI 201 8:00 - 9:15pm		

## - GROUND -

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BJJ 101 & 201 - NO GI 11:30am - 12:30pm		BJJ 101 & 201 - NO GI 11:30am - 12:30pm		BJJ 101 & 201 - NO GI 11:30am - 12:30pm
BJJ 201 - GI 7:00 - 8:15pm	BJJ 201 - NO GI 6:45 - 8:00pm	BJJ 201 - GI 7:00 - 8:15pm	BJJ 201 - NO GI 6:45 - 8:00pm	BJJ 101 & 201 - GI 7:00 - 8:15pm	
FOUNDATIONS BJJ 101 8:15 - 9:15pm		FOUNDATIONS BJJ 101 8:15 - 9:15pm			

## - KALI -

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	INOSANTO KALI 8:00 - 9:00pm		INOSANTO KALI 8:00 - 9:00pm		
	SAYOC KALI (Invite Only) 9:00 - 10:00pm		SAYOC KALI (Invite Only) 9:00 - 10:00pm		

# www.PROGRESSIVE MARTIAL ARTS.com

175-25 Horace Harding Expy, Fresh Meadows, NY 11365 | (718) 461-0700 | [www.ProgressiveMartialArts.com](http://www.ProgressiveMartialArts.com)