



**PROGRESSIVE
MARTIAL ARTS**

ADULT CLASS SCHEDULE

— Effective JANUARY 29th 2018 —

- MUAY THAI KICKBOXING -

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	MUAY THAI 10:30 - 11:30am		MUAY THAI 10:30 - 11:30am		MUAY THAI 10:30 - 11:30am
MUAY THAI 7:00 - 8:15pm	MUAY THAI 8:00 - 9:15pm	MUAY THAI 7:00 - 8:15pm	MUAY THAI 8:00 - 9:15pm	MUAY THAI 7:00 - 8:15pm	

- BRAZILIAN JIU-JITSU -

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

- JKD / MIXED MARTIAL ARTS -

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	JKD / MMA PHASE 1 6:00 - 7:00pm		JKD / MMA PHASE 1 6:00 - 7:00pm		JKD / MMA PHASE 1 12:00 - 1:00pm
JKD / MMA PHASE 2 & 3 8:15 - 9:15pm	JKD / MMA PHASE 2 & 3 7:00 - 8:00pm	JKD / MMA PHASE 2 & 3 8:15 - 9:15pm	JKD / MMA PHASE 2 & 3 7:00 - 8:00pm		
JKD / MMA PHASE 1 8:30 - 9:30pm		JKD / MMA PHASE 1 8:30 - 9:30pm			

- 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

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