



PROGRESSIVE MARTIAL ARTS

PMA YOUTH CLASS SCHEDULE

www.ProgressiveMartialArts.com

— Effective February 4th 2018 —

EXPLORERS (Ages 3 - 4)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Explorers Ages 3 - 4 4:00 - 4:30pm	Explorers Ages 3 - 4 3:30 - 4:00pm	Explorers Ages 3 - 4 4:00 - 4:30pm	Explorers Ages 3 - 4 3:30 - 4:00pm	Explorers Ages 3 - 4 4:00 - 4:30pm	

LIL DRAGONS (Ages 5 - 6)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
Lil Dragons Ages 5 - 6 4:30 - 5:00pm	Lil Dragons Ages 5 - 6 5:00 - 5:30pm	Lil Dragons Ages 5 - 6 4:30 - 5:00pm	Lil Dragons Ages 5 - 6 5:00 - 5:30pm	Lil Dragons Ages 5 - 6 4:30 - 5:00pm	Lil Dragons Ages 5 - 6 9:00 - 9:30am

LIL WARRIORS (Ages 7 - 9)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
Lil Warriors Ages 7 - 9 Foundations 101 4:30 - 5:15pm	Lil Warriors Ages 7 - 9 Black Belt Club 3:30 - 4:15pm	Lil Warriors Ages 7 - 9 Foundations 101 4:30 - 5:15pm	Lil Warriors Ages 7 - 9 Black Belt Club 3:30 - 4:15pm		Lil Warriors Ages 7 - 9 Foundations 101 9:00 - 9:45am
Lil Warriors Ages 7 - 9 Black Belt Club 5:15 - 6:00pm	Lil Warriors Ages 7 - 9 Foundations 101 5:00 - 5:45pm	Lil Warriors Ages 7 - 9 Black Belt Club 5:15 - 6:00pm	Lil Warriors Ages 7 - 9 Foundations 101 5:00 - 5:45pm	Lil Warriors Ages 7 - 9 Black Belt Club 6:00 - 6:45pm	Lil Warriors Ages 7 - 9 Black Belt Club 10:30 - 11:15am

WARRIORS (Ages 10 - 15)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
JIU-JITSU Masters Club 5:00 - 6:00pm	Foundations Program 101 4:00 - 5:00pm	JIU-JITSU Masters Club 5:00 - 6:00pm	Foundations Program 101 4:00 - 5:00pm	JIU-JITSU Masters Club 5:00 - 6:00pm	Foundations Program 101 9:30 - 10:30am
Foundations Program 101 6:00 - 7:00pm	Black Belt Club Level 102 4:00 - 5:00pm	Foundations Program 101 6:00 - 7:00pm	Black Belt Club Level 102 4:00 - 5:00pm		Black Belt Club Level 102 9:30 - 10:30am
Black Belt Club Level 102 6:00 - 7:00pm	Black Belt Club Level 103 5:30 - 6:30pm	Black Belt Club Level 102 6:00 - 7:00pm	Black Belt Club Level 103 5:30 - 6:30pm		Black Belt Club Level 103 (SUNDAY) 10:30 - 11:30am