



# ADULT CLASS SCHEDULE

**PROGRESSIVE  
MARTIAL ARTS**

— Effective February 21st 2022 —

## - MUAY THAI KICKBOXING -

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	MUAY THAI 10:30 - 11:30am		MUAY THAI 10:30 - 11:30am		MUAY THAI 12:00- 1:00pm
MUAY THAI 7:00 - 8:15pm		MUAY THAI 7:00- 8:15pm		MUAY THAI 7:00 - 8:15pm	

## - BRAZILIAN JIU-JITSU -

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BJJ GI 7:00 - 8:15pm	BJJ NO GI 7:45- 9:00pm	BJJ GI 7:00 - 8:15pm	BJJ NO GI 7:45- 9:00pm	OPEN MAT 7:00 - 8:00pm	OPEN MAT 1:00 - 2:00pm

## - JKD CONCEPTS / FILIPINO MARTIAL ARTS -

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JKD / KALI PHASE 1 8:15 - 9:30pm	JKD / KALI PHASE 1 6:30 - 7:45pm	JKD / KALI PHASE 1 8:15 - 9:30pm	JKD / KALI PHASE 1 6:30 - 7:45pm		JKD / KALI PHASE 1 12:00- 1:15pm
JKD / KALI PHASE 2 & 3 8:15 - 9:30pm	JKD / KALI PHASE 2 & 3 6:30 - 7:45pm	JKD / KALI PHASE 2 & 3 8:15 - 9:30pm	JKD / KALI PHASE 2 & 3 6:30 - 7:45pm		

## - SAYOC KALI -

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	SAYOC KALI 8:00 - 9:15pm		SAYOC KALI 8:00 - 9:15pm		

**www.PROGRESSIVE MARTIAL ARTS.com**

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