



**PROGRESSIVE
MARTIAL ARTS**

ADULT CLASS SCHEDULE

— Effective November 9th 2020 —

IN-PERSON / ON ZOOM

- KICKBOXING -

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	MUAY THAI 10:30 - 11:30am		MUAY THAI 10:30 - 11:30am		
MUAY THAI 6:30 - 7:30pm	JKD (MIXED MARTIAL ARTS) 7:00 - 8:00pm	MUAY THAI 6:30 - 7:30pm	JKD (MIXED MARTIAL ARTS) 7:00 - 8:00pm		MUAY THAI 12:00 - 1:00pm

- BRAZILIAN JIU-JITSU -

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BJJ NO GI 8:15 - 9:30pm		BJJ NO GI 8:15 - 9:30pm		

- KALI -

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	INOSANTO KALI 8:15 - 9:15pm		INOSANTO KALI 8:15 - 9:15pm		INOSANTO KALI BEGINNER 1:15 - 2:15pm