



ADULT CLASS SCHEDULE

**PROGRESSIVE
MARTIAL ARTS**

— Effective May 17th 2021 —

- 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 7:15 - 8:15pm		MUAY THAI 7:15 - 8:15pm		MUAY THAI 7:00 - 8:00pm	

- BRAZILIAN JIU-JITSU -

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BJJ GI 7:15 - 8:30pm	BJJ NO GI 7:45- 9:00pm	BJJ GI 7:15 - 8:30pm	BJJ NO GI 7:45- 9:00pm	OPEN MAT 7:00 - 8:00pm	OPEN MAT 1:00 - 2:00pm

- JKD CONCEPTS / MIXED MARTIAL ARTS -

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

- KALI -

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	INOSANTO KALI 7:45- 8:45pm		INOSANTO KALI 7:45- 8:45pm		INOSANTO KALI BEGINNER 1:00 - 2:00pm
	SAYOC KALI (Invite Only) 8:45 - 9:45pm		SAYOC KALI (Invite Only) 8:45 - 9:45pm		

www.PROGRESSIVE MARTIAL ARTS.com

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