



**PROGRESSIVE  
MARTIAL ARTS**

# PMA YOUTH CLASS SCHEDULE

[www.ProgressiveMartialArts.com](http://www.ProgressiveMartialArts.com)




— Effective May 17th 2021 —

**GROUP CLASSES  
AVAILABLE ON ZOOM =** 







## EXPLORERS (Ages 3 - 4)

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









## LIL DRAGONS (Ages 5 - 6)

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

## LIL WARRIORS (Ages 7 - 9)

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

## WARRIORS (Ages 10 - 15)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Foundations PHASE 1 4:00 - 5:00pm 		Foundations PHASE 1 4:00 - 5:00pm 		Foundations PHASE 1 11:00 - 11:45am 
Foundations PHASE 1 6:00 - 7:00pm	Black Belt Club PHASE 2 4:00 - 5:00pm	Foundations PHASE 1 6:00 - 7:00pm	Black Belt Club PHASE 2 4:00 - 5:00pm		Black Belt Club PHASE 2 11:00 - 11:45am 
Black Belt Club PHASE 2 6:00 - 7:00pm 	Black Belt Club PHASE 3 5:15 - 6:15pm 	Black Belt Club PHASE 2 6:00 - 7:00pm 	Black Belt Club PHASE 3 5:15 - 6:15pm 		Black Belt Club PHASE 3 10:00 - 10:45am 