

PROGRESSIVE MARTIAL ARTS

ADULT CLASS SCHEDULE

TOTAL DEFENSE PROGRAM

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------|---------------|---------------|---------------|--------|-----------------|
| 7:00p - 8:00p | 8:15p - 9:15p | 7:00p - 8:00p | 8:15p - 9:15p | | 11:00a - 12:00p |

FILIPINO KALI

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------------------------------|-----------|-----------------------------|--------|-----------------------------------|
| | 7:00p - 8:15p INOSANTO KALI | | 7:00p - 8:15p SAYOC KALI | | 12:00p - 1:00p INOSANTO KALI 1 |

MUAY THAI KICKBOXING

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------|-----------------|---------------|-----------------|--------|----------------|
| 8:00p - 9:15p | 10:30a - 11:30a | 8:00p - 9:15p | 10:30a - 11:30a | | 12:00p - 1:15p |
| | 6:00p - 7:00p | | 6:00p - 7:00p | | |

BRAZILIAN JIU-JITSU

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------|-----------------|---------------|------------------------|--------|----------------------|
| 8:00p - 9:15p | 11:00a - 12:30p | 8:00p - 9:15p | 11:00a - 12:30p | | 1:15p - 2:30p MMA |
| | 7:00p - 8:15p | | 7:00p - 8:15p NO GI | | |

PRIVATE INSTRUCTION & OPEN GYM HOURS

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------|----------------|----------------|----------------|----------------|----------------|----------------|
| Open Gym | 11:00a - 3:30p | 11:00a - 3:30p | 11:00a - 3:30p | 11:00a - 3:30p | 11:00a - 5:00p | |
| Private Instruction | 11:00a - 9:00p | 11:00a - 9:00p | 11:00a - 9:00p | 11:00a - 9:00p | 11:00a - 5:00p | 10:00a - 3:00p |



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