

PROGRESSIVE MARTIAL ARTS

YOUTH CLASS SCHEDULE

LITTLE DRAGONS (AGES 3 - 6)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:15p - 4:45p (Ages 3-4)	5:15p - 5:45p (Ages 5-6)	4:15p - 4:45p (Ages 3-4)	5:15p - 5:45p (Ages 5-6)		10:15p - 10:45p (Class)

JUNIORS (AGES 7 - 11)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A		B		5:00p - 5:55p	C 10:00a - 10:55a (BBC Only BJJ)
6:00p - 6:55p	4:00p - 4:55p	6:00p - 6:55p	4:00p - 4:55p		
	5:00p - 5:55p (PHASE 3)		5:00p - 5:55p (PHASE 3)		

Students may train 2 times per week. / Black Belt Club members may train up to 4 times per week.

TEENS (AGES 12 - 15)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	A		B		4:00p - 4:55p (Leadership Team)	10:00p - 10:55p (BBC Only BJJ)
PHASE 1	5:00p - 5:55p	5:00p - 5:55p	5:00p - 5:55p	5:00p - 5:55p		
PHASE 2		6:00p - 6:55p		6:00p - 6:55p		

Student Creed

1. I intend to develop myself in a positive manner and avoid anything that would impair my mental growth or physical health.
2. I intend to develop self discipline, in order to bring out the best in myself and others.
3. I intend to use what I learn in class constructively and defensively, to help myself and others, and to never be abusive or offensive.

175-25 Horace Harding Expressway, Fresh Meadows, New York 11365
 (718) 461-0700 / E:Mail: info@pmajkd.com / Website: www.PMAJKD.com

Tel:

