

Progressive Martial Arts

ADULT CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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JEET KUNE DO I MMA

	10:30a - 11:30a ALL PHASES		10:30a - 11:30a ALL PHASES		12:00p - 1:00p ALL PHASES
8:15p - 9:15p PHASE 1	6:15p - 7:15p PHASE 1	8:15p - 9:15p PHASE 1	6:15p - 7:15p PHASE 1	7:00p - 8:00p PHASE 1	
	8:15p - 9:15p PHASE 2 & 3		7:15p - 8:15p PHASE 2 & 3		

KALI SILAT

	7:15p - 8:15p INOSANTO KALI		8:15p - 9:30p SAYOC KALI		1:00p - 2:00p DOG BROTHERS
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MUAY THAI

	10:30a - 11:30a BEG / INT		10:30a - 11:30a BEG / INT	12:00p - 8:00p OPEN GYM	11:00a - 12:00p BEG / INT
7:00p - 8:15p BEG / INT	8:15p - 9:30p INT PAD WORK	7:00p - 8:15p BEG / INT	8:15p - 9:30p INT CLINCH / SPARRING		

BRAZILIAN JIU-JITSU

	11:30a - 12:30p NO GI		11:30a - 12:30p NO GI		1:00p - 2:00p OPEN MAT
8:15p - 9:30p	7:00p - 8:15p	8:15p - 9:30p NO GI	7:00p - 8:15p	6:30p - 7:45p NO GI	

OPEN GYM

12:00p - 4:00p	10:00a - 4:00p	12:00p - 4:00p	10:00a - 4:00p	12:00p - 8:00p	11:00a - 2:00p
7:00p - 9:30p	6:00p - 9:30p	7:00p - 9:30p	6:00p - 9:30p		



PROGRESSIVE MARTIAL ARTS

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