

# Progressive Martial Arts



## YOUTH CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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### Little Dragons Ages 3-4

4:00p - 4:30p		4:00p - 4:30p
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**PLEASE REMEMBER:**  
 Arrive to class 10 minutes before class & scan your attendance card  
 Wear complete & approved uniform  
 Muay Thai & BJJ classes are for Juniors & Teen BBC Only!  
 MANDATORY Attendance is twice a week; except 3 & 4 year olds is once a week.

### Little Dragons Ages 5-6

4:30p - 5:00p	5:15p - 5:45p	4:30p - 5:00p	5:15p - 5:45p		9:30a - 10:00a
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### JUNIORS 7-12

5:00p - 6:00p MUAY THAI - BBC	4:00p - 5:00p CORE MMA 1 & 2	5:00p - 6:00p JIU-JITSU - BBC	4:00p - 5:00p CORE MMA 1 & 2	6:00p - 7:00p BBC MONTHLY WORKSHOP	10:00a - 11:00a CORE MMA 1 & 2
6:00p - 7:00p CORE MMA 1 & 2		6:00p - 7:00p CORE MMA 1 & 2			

### TEENS 13-16

5:00p - 6:00p JKD MMA	5:00p - 6:00p MUAY THAI - BBC	5:00p - 6:00p JKD MMA	5:00p - 6:00p JIU-JITSU - BBC		12:00p - 1:00p JKD MMA
	6:15p - 7:15p JKD MMA 1 & 2		6:15p - 7:15p JKD MMA 1 & 2		

**175-25 Horace Harding Expwy, Queens, NY 11365**  
**Tel: (718) 461-0700 | www.PMA-KIDS.com**