

## PMA 2024 Group Schedule – Monday thru Saturday (Closed Sunday)

**KENPO KARATE:** **Tiny Tigers** (3-5) M/W 4:30-5:15p & Sat 9-10a; **Little Ninjas** (8 & Under) T/Th 4:30-5:30p & Sat 9-10a; **Kool Kids** (9-14) M/W/F 5:30-6:30p & Sat 10-11a; **Kenpo Tiger/Dragons** (9-14) T/Th 5:30-6:30p & Sat 10a-11p; **Adult Kenpo** M/W 12:30-1:30p & T/Th 7-8p, **Brown & Black Belts** M/W 7-8m & F 6:30-7:30p; **Karate Combat (Sparring)** Saturdays - Kids (8-14) 10-11a; **BOXING/MUAY THAI:** **Youth Muay Thai** (9-14) M/W 4-4:50p; **Youth Boxing** (9-14) T/Th 4-4:50; **Fitness Boxing** M-Th 5-6p; **Boxing Fundamentals** M-Th 6-7p; **Muay Thai** M/W 7-8p & Sat 11a-12p; **Boxing Team Training & Sparring** T/Th 7-7:30p

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9a			<b>Poway Martial Arts</b> <b>Poway Kenpo Karate / The Boxing Club</b> Monday - Friday 12noon - 9pm Saturday 9am - 3pm; Sunday - Closed  13246 Poway Rd.; Poway, CA 92064 PowayMartialArts.com BarryBBarker.com FB/IG: @PowayMartialArts School@PowayMartialArts.com			<b>Tiny Tigers (3-5) &amp; Little Ninjas (5-8)</b> ----- <b>Strength &amp; Conditioning</b>
10a						<b>Karate Combat (9-14 Yrs Sparring Class)</b> ----- <b>Boxing (Fitness &amp; Fundamentals)</b>
11a to 2pm	<b>Adult Kenpo Karate (Starts 12:30)</b>		<b>Adult Kenpo Karate (Starts 12:30)</b>			<b>Muay Thai (Adults) (Starts 11am)</b>
4p	<b>Yth Muay Thai (9-14)</b>	<b>Youth Boxing (9-14)</b>	<b>Yth Muay Thai (9-14)</b>	<b>Youth Boxing (9-14)</b>		
4:30p	<b>Tiny Tigers (3-5)</b>	<b>Little Ninjas (5-8)</b>	<b>Tiny Tigers (3-5)</b>	<b>Little Ninjas (5-8)</b>		
5p	<b>Fitness Boxing</b>	<b>Fitness Boxing</b>	<b>Fitness Boxing</b>	<b>Fitness Boxing</b>	<b>Open Gym</b>	
5:30p	<b>Kool Kids (9-14)</b>	<b>Tigers/Dragons (9-14)</b>	<b>Kool Kids (9-14)</b>	<b>Tigers/Dragons (9-14)</b>	<b>Kool Kids (9-14)</b>	
6p	<b>Boxing Fundamentals</b>	<b>Boxing Fundamentals TT &amp; Sparring 7-7:30</b>	<b>Boxing Fundamentals</b>	<b>Boxing Fundamentals TT &amp; Sparring 7-7:30</b>	<b>Open Gym</b>	
7p	<b>Adv Kenpo Karate (Brown &amp; Black Belts)</b> ----- <b>Muay Thai (Adults)</b>	<b>Adult Kenpo Karate</b>	<b>Adv Kenpo Karate (Brown &amp; Black Belts)</b> ----- <b>Muay Thai (Adults)</b>	<b>Adult Kenpo Karate</b>	<b>Adv Kenpo Karate (Brown &amp; Black Belts)</b>	