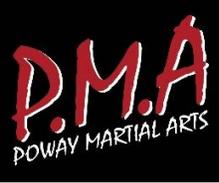


## POWAY MARTIAL ARTS (PMA) 2026 Group Class Schedule – Monday thru Saturday (Closed Sunday)

**POWAY KENPO KARATE:** **Little Ninjas** (4-8) T/Th 4:30-5:30p & Sat 9-10a; **Kool Kids** (8-14) M/W/F 5:30-6:30p; **Kenpo Tiger/Dragons** (8-14) T/Th 5:30-6:30p & Sat 10a-11p; **Adult/Teen 15+ Kenpo** M/W 12:30-1:30p & T/Th 7-8p & Sat 11:30a-12:30p; Int/Adv M/W 7-8m; **All Levels Sparring Technique Class** Sat 11:30a-12:30p  
**THE BOXING CLUB:** **Youth Boxing** (8-14) T/Th 4-4:50p; **Boxing High Intensity Interval Training (H.I.I.T.);** M/W 4-5pm; **Fitness Boxing** M-F 5-6p; **Boxing Fundamentals** M-Th 6-7p & Sat 10-11a; **Muay Thai** T/Th 7-8p & Sat 12:30-1:30p; **Boxing Sparring** F 6pm; **Muay Thai Sparring** Sat 1:30pm

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9a		 Established 1984				<b>Little Ninjas (4-8)</b> ----- <b>Strength &amp; Conditioning</b>
10a					Monday - Friday 12noon - 9pm; Saturday 9am - 3pm; Sunday - Closed 13246 Poway Rd.; Poway, CA 92064 858-486-1003 PowayMartialArts.com; BarryBBarker.com SM: FB/IG/YouTube: @PowayMartialArts Email: School@PowayMartialArts.com	
11a to 2pm	<b>Adult Kenpo Karate (12:30-1:30p)</b>		<b>Adult Kenpo Karate (12:30-1:30p)</b>			<b>Sparring Tech Class (Teen/Adult 11:30a)</b> ----- <b>Muay Thai (Teen/Adult 12:30p)</b> ----- <b>Muay Thai Sparring (Teen/Adult 1:30p)</b>
4p	<b>Boxing H.I.I.T. (High Intensity Interval Training)</b>	<b>Youth Boxing (8-14)</b>	<b>Boxing H.I.I.T. (High Intensity Interval Training)</b>	<b>Youth Boxing (8-14)</b>		
4:30p		<b>Little Ninjas (4-8)</b>		<b>Little Ninjas (4-8)</b>		
5p	<b>Fitness Boxing</b>	<b>Fitness Boxing</b>	<b>Fitness Boxing</b>	<b>Fitness Boxing</b>	<b>Fitness Boxing</b>	
5:30p	<b>Kool Kids (8-14)</b>	<b>Tigers/Dragons (8-14)</b>	<b>Kool Kids (8-14)</b>	<b>Tigers/Dragons (8-14)</b>	<b>Kool Kids (8-14)</b>	
6p	<b>Boxing Fundamentals</b>	<b>Boxing Fundamentals</b>	<b>Boxing Fundamentals</b>	<b>Boxing Fundamentals</b>	<b>Boxing Sparring (Friday Night Fights)</b>	
7p	<b>Int/Adv Kenpo Karate</b>	<b>Teen/Adult Kenpo Karate</b> ----- <b>Muay Thai</b>	<b>Int/Adv Kenpo Karate</b>	<b>Teen/Adult Kenpo Karate</b> ----- <b>Muay Thai</b>		