




POWAY MARTIAL ARTS (PMA) 2026 Monday to Saturday Group Class Schedule (Closed Sunday)

YOUTH CLASSES: **Little Ninjas** (4-8yrs) T/Th 4:30-5:30p & Sat 9-10a; **Kool Kids** (8-14yrs) M/W/F 5:30-6:30p; **Kenpo Tiger/Dragons Int/Adv Youth** (8-14yrs) T/Th 5:30-6:30p & Sat 10a-11p; **Youth Boxing** (8-14yrs) T/Th 4-5p; **Youth Jiu Jitsu** (5-12yrs) M/W 4:30-5:30p

TEEN/ADULT CLASSES: **Boxing High Intensity Interval Training (H.I.I.T.)**; M/W 4-5p; **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; **Muay Thai/Boxing (MT/Bxng) Open Gym** M/W 7-8p; **Boxing Sparring** F 6p; **Muay Thai Sparring** Sat 1:30p; **Adult / Teen 15+ Kenpo** M/W 12:30-1:30p & T/Th 7-8p & Sat 11:30a-12:30p; Int/Adv M/W 7-8p; **All Levels Mixed MA Sparring** Sat 11:30a-12:30p; **Jiu Jitsu** M/W 6-7p

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9a	  					Little Ninjas (All 4-8) ----- Strength&Conditioning
10a	BOXING – MUAY THAI – JIU JITSU – KENPO – MMA 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					Tigers/Dragons (All 8-14) ----- Boxing <i>(Fitness&Fundamentals)</i>
11a-2p	Adult Kenpo <i>(12:30-1:30p)</i>		Adult Kenpo <i>(12:30-1:30p)</i>			Mixed MA Sparring <i>(Teen/Adult 11:30a)</i> -----
4p	Boxing H.I.I.T.	Youth Boxing (8-14)	Boxing H.I.I.T.	Youth Boxing (8-14)		Muay Thai <i>(Teen/Adult 12:30p)</i> -----
4:30p	Youth Jiu Jitsu (5-12)	Little Ninjas (4-8)	Youth Jiu Jitsu (5-12)	Little Ninjas (4-8)		Muay Thai Sparring <i>(Teen/Adult 1:30p)</i>
5p	Fitness Boxing	Fitness Boxing	Fitness Boxing	Fitness Boxing	Fitness Boxing	
5:30p	Kool Kids Kenpo <i>(8-14 Beginners)</i>	Tigers/Dragons <i>(8-14 Interm/Advanced)</i>	Kool Kids Kenpo <i>(8-14 Beginners)</i>	Tigers/Dragons <i>(8-14 Interm/Advanced)</i>	Kool Kids Kenpo <i>(8-14 Beginners)</i>	
6p	Boxing Fundamentals ----- Teen/Adult Jiu Jitsu	Boxing Fundamentals	Boxing Fundamentals ----- Teen/Adult Jiu Jitsu	Boxing Fundamentals	Boxing Sparring <i>(Friday Night Fights)</i>	
7p	Inter/Advanced Kenpo Karate ----- MT/Bxng Open Gym	Teen/Adult Kenpo Karate ----- Muay Thai	Inter/Advanced Kenpo Karate ----- MT/Bxng Open Gym	Teen/Adult Kenpo Karate ----- Muay Thai		