




# 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; **Boxing Sparring** F 6p; **Muay Thai Sparring** Sat 1:30p; **Kenpo** M/W 12:30-1:30p & T/Th 7-8p & Sat 11:30a-12:30p; Int/Adv M/W 7-8p; **Mixed Martial Arts** M/W 7-8p & Sat 11:30a-12:30p; **Jiu Jitsu** M/W 6-7p

**SCHEDULE BY INTEREST & GOAL CATEGORY**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9a	  					<b>Little Ninjas (All 4-8)</b> <i>Ms Alyssa</i> <b>Strength&amp;Conditioning</b> <i>Coach Emily</i>
10a	<b>BOXING – MUAY THAI – JIU JITSU – KENPO – MMA</b> 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					<b>Tigers/Dragons (All 8-14)</b> <i>Ms Alyssa</i> <b>Boxing (Fit &amp; Fund)</b> <i>Coach Lexee</i>
11a-2p	<b>Adult Kenpo</b> <i>(12:30-1:30p) MrB</i>		<b>Adult Kenpo</b> <i>(12:30-1:30p) MrB</i>			<b>Tn/Ad MMA 11:30a</b> <i>Coach Spiritwolf</i>
4p	<b>Boxing H.I.I.T.</b> <i>Coach Howard</i>	<b>Youth Boxing (8-14)</b> <i>Coach Ernesto</i>	<b>Boxing H.I.I.T.</b> <i>Coach Howard</i>	<b>Youth Boxing (8-14)</b> <i>Coach Troy</i>		<b>Muay Thai (Tn/Ad 12:30p)</b> <i>Coach Troy</i>
4:30p		<b>Little Ninjas (4-8)</b> <i>Mr Gabe / Ms Debbie</i>		<b>Little Ninjas (4-8)</b> <i>MrB</i>		<b>Muay Thai Sparring</b> <i>Coach Troy</i>
5p	<b>Fitness Boxing</b> <i>Coach Howard</i>	<b>Fitness Boxing</b> <i>Coach Peter</i>	<b>Fitness Boxing</b> <i>Coach Howard</i>	<b>Fitness Boxing</b> <i>Coach Peter</i>	<b>Fitness Boxing</b> <i>Coach Peter</i>	
5:30p	<b>Kool Kids Kenpo</b> <i>MrB</i>	<b>Tigers/Dragons</b> <i>Mr Gabe &amp; MrB</i>	<b>Kool Kids Kenpo</b> <i>Mr Gabe</i>	<b>Tigers/Dragons</b> <i>Mr Gabe &amp; Mr Brian</i>	<b>Kool Kids Kenpo</b> <i>MrB</i>	
6p	<b>Boxing Fundam</b> <i>Coach Howard</i> ----- <b>Tn/Ad Jiu Jitsu</b> <i>Johnnie</i>	<b>Boxing Fundamentals</b> <i>Coach Peter</i>	<b>Boxing Fundam</b> <i>Coach Howard</i> ----- <b>Tn/Ad Jiu Jitsu</b> <i>Johnnie</i>	<b>Boxing Fundamentals</b> <i>Coach Peter</i>	<b>Boxing Sparring</b> <i>(Friday Night Fights)</i> <i>Coach Peter</i>	
7p	<b>Int/Adv Kenpo</b> <i>MrB</i> ----- <b>Teen/Adult MMA</b> <i>Coach Spiritwolf</i>	<b>Tn/Ad Kenpo</b> <i>MrB</i> ----- <b>Muay Thai</b> <i>Coach Troy</i>	<b>Int/Adv Kenpo</b> <i>Mr Gabe</i> ----- <b>Teen/Adult MMA</b> <i>Coach Spiritwolf</i>	<b>Tn/Ad Kenpo</b> <i>Mr Brian</i> ----- <b>Muay Thai</b> <i>Coach Troy</i>		

# **POWAY MARTIAL ARTS**

## **CLASS SCHEDULE BY CATEGORY**

### **FITNESS**

H.I.I.T Boxing M W 4-5pm; Fitness Boxing M-F 5-6pm; Strength & Conditioning Sat 9-10am  
All our other classes will also get you, and keep you, in shape

### **SELF-DEFENSE**

Kenpo Teen/Adult M W 12:30-1:30pm, T Th 7-8pm  
Kenpo Child/Youth Little Ninjas (4-8 yrs) T Th 4:30-5:30 & Sat 9-10am  
Kenpo Child Youth Kool Kids (8-14 yrs) M W F  
Jiu Jitsu Teen/Adult M W 6-7pm  
Jiu Jitsu Child/Youth M W 4:30-5:30pm  
MMA Teen/Adult M W 7-8pm

Boxing & Muay Thai classes geared towards sport fighting but are also beneficial for Self-Defense

### **COMPETITION**

All except our Fitness Classes can prepare your conditioning for competitions in those respective styles  
Boxing – Kenpo – Muay Thai – MMA – Jiu Jitsu all can be used in their respective competition environments

### **CHILD/YOUTH DEVELOPMENT**

Kenpo Child/Youth Little Ninjas (4-8 yrs) T Th 4:30-5:30 & Sat 9-10am  
Kenpo Child Youth Kool Kids (8-14 yrs) M W F  
Jiu Jitsu Child/Youth (5-12yrs) M W 4:30-5:30pm  
Youth Boxing T Th (8-14 yrs) 4-5pm

### **STRIKING**

Boxing – Kenpo – Muay Thai – MMA

### **GRAPPLING**

Jiu Jitsu – MMA – Kenpo at higher ranks