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 & Saturday 10-11am

TEEN/ADULT CLASSES: **Boxing H.I.I.T.** (High Intensity Interval Training) M/W 4-5p; T/Th 12-1pm; **Fitness Boxing** M W F 5-6p; **Boxing Fundamentals** T/Th-5-6p; M-Th 6-7p ; Sat 10-11a; **Boxing Sparring** F 6p; **Muay Thai** T/Th 7-8p & Sat 11a-12p; **Muay Thai Sparring** Sat 12noon; **Kenpo** M/W 12:30-1:30p & T/Th 7-8p; Int/Adv M/W 7-8p; **Jiu Jitsu** M/W 6-7p; **MMA** M/W 7-8p

CLASS SCHEDULE BY CATEGORY + YOUR TRAINING PLAN ON BACK!

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9a						**Little Ninjas** *(All 4-8)* --- **Strength/Conditioning**
10a	**BOXING MUAY THAI JIU JITSU KENPO KARATE 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** ***(All Ages)***
11a-2p	**Adult Kenpo** ***(12:30-1:30p)***	**Boxing** ***(Noon Knockout)***	**Adult Kenpo** ***(12:30-1:30p)***	**Boxing** ***(Noon Knockout)***		**Muay Thai** ***(11:00a)*** --- **Muay Thai Sparring** ***(12:00p)***
4p	**Boxing H.I.I.T.** *(High Intensity Interval Training)*	**Youth Boxing** ***(8-14 yrs)***	**Boxing H.I.I.T.** *(High Intensity Interval Training)*	**Youth Boxing** ***(8-14 yrs)***		
4:30p		**Little Ninjas** *(4-8)*		**Little Ninjas** *(4-8)*		
5p	***(Fitness)*** **Boxing**	**Boxing** ***(Fundamentals)***	***(Fitness)*** **Boxing**	**Boxing** ***(Fundamentals)***	***(Fitness)*** **Boxing**	
5:30p	**Kool Kids Kenpo** ***(8-14 Beginners)***	**Tigers/Dragons** ***(8-14 Inter/Adv Kids)***	**Kool Kids Kenpo** ***(8-14 Beginners)***	**Tigers/Dragons** ***(8-14 Inter/Adv Kids)***	**Kool Kids Kenpo** ***(8-14 Beginners)***	
6p	**Boxing** ***(Fundamentals)*** --- **Jiu Jitsu**	**Boxing** ***(Fundamentals)***	**Boxing** ***(Fundamentals)*** --- **Jiu Jitsu**	**Boxing** ***(Fundamentals)***	**Boxing Sparring** ***(Friday Night Fights)***	
7p	**G/R/Br/Blk Kenpo** --- **MMA**	**W/Y/O/P/B Kenpo** --- **Muay Thai**	**G/R/Br/Blk Kenpo** --- **MMA**	**W/Y/O/P/B Kenpo** --- **Muay Thai**		

POWAY MARTIAL ARTS - CLASS SCHEDULE BY CATEGORY

FITNESS

H.I.I.T. Boxing M W 4-5pm, T/Th 12-1pm Noon Knockout; Fitness Boxing M-F 5-6pm; Strength & Conditioning Sat 9-10am
All our classes will get and keep you in shape

SELF-DEFENSE

Kenpo Teen/Adult M W 12:30-1:30pm, T Th 7-8pm
Kenpo 'Little Ninjas' (4-8) T Th 4:30-5:30pm & Sat 9-10am; Kenpo 'Kool Kids' (8-14) M W F
Jiu Jitsu Teen/Adult M W 6-7pm; MMA Teen/Adult M W 7-8pm
Boxing & Muay Thai classes are geared towards sport fighting but are also beneficial for Self-Defense

COMPETITION

Boxing – Kenpo – Muay Thai – MMA – Jiu Jitsu all can be used in their respective competition environments
Fitness Classes can also help prepare your conditioning for competitions in any of our respective styles

CHILD/YOUTH DEVELOPMENT

Kenpo 'Little Ninjas' (4-8) T Th 4:30-5:30 & Sat 9-10am; Kenpo 'Kool Kids' (8-14) M W F
Youth Boxing T Th 4-5pm & Saturday 10-11am

STRIKING

Boxing – Kenpo – Muay Thai – MMA

GRAPPLING

Jiu Jitsu – MMA – Kenpo at higher ranks

YOUR TRAINING PLAN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday (Closed)