

PVMMA CLASS SCHEDULE EFFECTIVE AUGUST 9, 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOON to 12:45 PM	FITNESS KICKBOXING		FITNESS KICKBOXING		FITNESS KICKBOXING	
2:15 PM to 3:00 PM						
3:00 PM to 5:45 PM	MAP Program					9:00 AM TO 9:45 AM
5:00 PM to 5:45 PM	ELEMENTZ	WHITE TIGERS	ELEMENTZ	ELEMENTZ	WHITE TIGERS	
5:45 PM to 6:30 PM	INTRO WHITE TIGERS	INTRO TANG SOO DO	WHITE TIGERS	WHITE TIGERS	INTRO WHITE TIGERS	INTRO TANG SOO DO
5:45 PM to 6:30 PM						10:00 AM TO 11:00 AM
6:30 PM to 7:45 PM	BEGINNERS CLASS	INTER MEDIATE CLASS	ADVANCED CLASS	BEGINNERS CLASS	INTER MEDIATE CLASS	ADVANCED CLASS
7:45 PM to 9:00 PM	BLACK BELT CLASS		BLACK BELT CLASS		BLACK BELT CLASS	11:00 AM TO NOON
						OPEN TSD FORMS
						OPEN TSD SPARRING