

PVMMA CLASS SCHEDULE EFFECTIVE FEBRUARY 14, 2022

	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	FITNESS KICKBOXING	WHITE TIGERS		
5:45 PM to 6:30 PM	WHITE TIGERS	INTRO WT & TSD	ELEMENTZ	WHITE TIGERS	ELEMENTZ	INTRO WT & TSD	ELEMENTZ	WHITE TIGERS	10:00 AM TO 11:00 AM	OPEN TSD FORMS
6:30 PM to 7:45 PM	BEGINNERS CLASS	INTER MEDIATE CLASS	INTER MEDIATE CLASS	BEGINNERS CLASS	INTER MEDIATE CLASS	INTER MEDIATE CLASS	BEGINNERS CLASS		11:00 AM TO NOON	OPEN TSD SPARRING
7:45 PM to 9:00 PM	BLACK BELT CLASS	ADVANCED CLASS	ADVANCED CLASS	BLACK BELT CLASS	ADVANCED CLASS	ADVANCED CLASS				