

# PROGRESSIVE FIGHTING ACADEMY

## 2020 ADULT CLASS SCHEDULE

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Kickboxing/ Muay Thai</b>  12:00–12:55	<b>Open Mat</b>	<b>Kickboxing/ Muay Thai</b>  12:00–12:55	<b>Open Mat</b>	<b>Kickboxing/ Muay Thai</b>  12:00-12:55	<b>Wrestling</b>  10:30-11:55	<b>BJJ Gi</b>  12:00– 1:30
	<b>Sparring</b> (Invite Only)  5:30 – 6:25		<b>Pad Class</b> (Invite Only)  5:30 – 6:25	<b>Sparring</b> (Invite Only)  5:30 – 6:25	<b>Pad Class</b> (Invite Only)  12:00 -12:55	<b>Open Mat</b>
<b>Kickboxing/ Muay Thai</b>  6:30 – 7:25	<b>Women's BJJ No Gi</b>  6:30 – 7:25	<b>Kickboxing/ Muay Thai</b>  6:30 – 7:25	<b>Wrestling</b>  6:30 – 7:25	<b>Kickboxing/ Muay Thai</b>  6:30 – 7:25		
<b>BJJ No Gi</b>  7:30 – 8:25	<b>Kickboxing/ Muay Thai</b>  7:30 – 8:25	<b>BJJ No Gi</b>  7:30 – 8:25	<b>Kickboxing/ Muay Thai</b>  7:30 – 8:25			
	<b>BJJ Gi</b>  8:30 – 9:25		<b>BJJ Gi</b>  8:30 – 9:25			