



CLASS SCHEDULE

Effective September 2019

CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Mighty Impact (Basic Skillz) Ages 4-6 30 min	4:00	4:45	4:00	4:45	9:45
Beginners Ages 7 and UP <u>White Belts-Yellow Belt</u>	4:30	4:00 and 6:00	5:15	4:00	10:15
Intermediates <u>High Yellow-High Green</u> 45 min	5:45	5:15	4:30	6:00	11:00
Advanced Blue-Belts and Up 45 Min		6:45	6:00	5:15	
Sparring 30 Min	5:15				
Black Belt Class/Prep High Red Belts and Up 45 Minutes	7:30				
PIMA Kickboxing Adults (Fitness) 60 Min	6:30			6:45	8:45 am
PIMA Yoga			6:45		



(561)523-0966 www.pimapalmbeach.com email:info@pimapalmbeach.com

@positiveimpactma

