

# PMA Program Schedule

Effective 8/17/2020

## Monday

|                      |             |
|----------------------|-------------|
| <i>Little Rhinos</i> | 4:00 – 4:30 |
| <i>Leadership</i>    | 4:45 – 5:25 |
| <i>Basic</i>         | 5:40 – 6:15 |
| <i>Masters</i>       | 6:30 – 7:10 |

## Tuesday

|                            |             |
|----------------------------|-------------|
| <i>Basic</i>               | 4:30 – 5:05 |
| <i>Little Rhinos - ADV</i> | 5:20 – 5:50 |
| <i>Basic</i>               | 6:05 – 6:40 |
| <i>Masters</i>             | 6:55 – 7:35 |
| <i>Teen / Adult</i>        | 7:50 – 8:30 |

## Wednesday

|                   |             |
|-------------------|-------------|
| <i>Basic</i>      | 4:30 – 5:05 |
| <i>Leadership</i> | 5:20 – 6:00 |
| <i>Basic</i>      | 6:15 – 6:50 |
| <i>Masters</i>    | 7:05 – 7:45 |

## Thursday

|                           |             |
|---------------------------|-------------|
| <i>Little Rhinos</i>      | 4:00 – 4:30 |
| <i>Basic</i>              | 4:45 – 5:20 |
| <i>Little Rhino - ADV</i> | 5:35 – 6:05 |
| <i>Black Belt</i>         | 6:20 – 7:00 |
| <i>Masters</i>            | 7:15 – 7:55 |
| <i>Teen / Adult</i>       | 8:10 – 8:50 |

## PROGRAMS:

- LITTLE RHINOS:** Ages 3 - 5
- LR ADV:** [Invitation Only](#) (Ages 4-6)
- BASIC OPEN:** Ages 5 -12
- TEEN / ADULT:** Ages 12 +
- LEADERSHIP:** [Invitation Only](#) (Ages 6+)
- MASTERS:** [Invitation Only](#) (Ages 6+)

## Saturday

|                            |               |
|----------------------------|---------------|
| <i>Little Rhino</i>        | 9:30 – 10:00  |
| <i>Masters</i>             | 10:15 – 10:55 |
| <i>Basic</i>               | 11:10 – 11:45 |
| <i>Little Rhinos - ADV</i> | 12:00 – 12:30 |
| <i>Leadership</i>          | 12:45 – 1:25  |
| <i>Teen / Adult</i>        | 1:40 – 2:20   |

## Class Info:

- **15 Person Maximum:** Only 15 students allowed in each class.
- **Cleaning and Sanitizing:** 15 minutes in between each class for sanitization of our mat and any furniture that was touched.
- **Social Distancing:** Students and Instructors must remain at least 6ft apart. Red X's are on the mat to designate where students should be during class. There will be no contact between participants.
- **Masks:** Masks are not required but are highly encouraged. Staff members must wear masks.
- **Spectators:** No spectators Allowed inside our studio. Does not apply for New students in the trial period.
- **Drop Off/Pick Up:** Please be prompt when dropping off and picking up your student. Please do not enter the studio until the Instructor has finished cleaning out studio.