

PMA Program Schedule

Effective: 1/1/2022

Monday

<i>Little Rhinos</i>	4:00 – 4:30
<i>Basic</i>	4:35 – 5:15
<i>Leadership</i>	5:20 – 6:20
<i>Basic</i>	6:25 – 7:05
<i>Masters</i>	7:10 – 8:10

Tuesday

<i>Private Class</i>	4:00 – 4:30
<i>Basic</i>	4:35 – 5:15
<i>Little Rhinos</i>	5:20 – 5:50
<i>Black Belt</i>	5:55 – 6:55
<i>Teen / Adult</i>	7:00 – 8:00
<i>Private Class</i>	8:05 – 8:35

Wednesday

<i>Little Rhinos</i>	4:00 – 4:30
<i>Basic</i>	4:35 – 5:15
<i>Masters</i>	5:20 – 6:20
<i>Basic</i>	6:25 – 7:05
<i>Leadership</i>	7:10 – 8:10

Thursday

<i>Private Class</i>	4:00 – 4:30
<i>Basic</i>	4:35 – 5:15
<i>Little Rhinos</i>	5:20 – 5:50
<i>Masters</i>	5:55 – 6:55
<i>Teen / Adult</i>	7:00 – 8:00
<i>Private Class</i>	8:05 – 8:35

PROGRAMS:

- ❑ **LITTLE RHINOS:** Ages 3 - 5
- ❑ **BASIC OPEN:** Ages 6 -12
- ❑ **TEEN / ADULT:** Ages 12 +
- ❑ **LEADERSHIP:** Invitation Only (Ages 6+)
- ❑ **MASTERS:** Invitation Only (Ages 6+)

Saturday

<i>Masters</i>	9:30 – 10:30
<i>Leadership</i>	10:35 – 11:35
<i>Little Rhinos</i>	11:40 – 12:10
<i>Basic</i>	12:15 – 12:55
<i>Teen / Adult</i>	1:00 – 2:00

Health Safety Info:

- 15 students maximum will be allowed in each of our classes. 10 students maximum for our Little Rhinos Classes.
- Students must register via our website for each class prior to attending. Please ask a staff members if you need assistance.
- Masks are required for anyone inside the studio regardless of vaccination status.
- Public amenities will have limited access. Please use the bathroom before or after class in your home and please bring your own water bottle.
- Our educational martial arts curriculum will be taught with minimal contact between students and instructors

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