



# Master Schedule

Please see back for details

3415 Pacific Ave SE Suite E1  
Olympia, WA 98501

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(360) 956-0888

Class	Monday "A"	Tuesday "A"	Wednesday "B"	Thursday "B"	Friday	Saturday
Little Dragons 30 MIN	4:30pm	4:30pm	4:30pm	4:30pm	6:15pm 45 MIN/ BBT ONLY	11:00am
	6:00pm	5:00pm	6:00pm	5:00pm	5:30pm "A" and "B" Class	45 MIN BBT ONLY
Beginners 45 MIN	6:00pm	5:00pm	6:00pm	5:00pm	6:15pm 45 MIN/ BBT ONLY	11:00am
	3:45pm	3:45pm	3:45pm	3:45pm	5:30pm "A" and "B" Class	45 MIN BBT ONLY
Intermediate 45 MIN Advanced 60 MIN	5:00pm	6:00pm	5:00pm	6:00pm	6:15pm 45 MIN/ BBT ONLY	11:00am
					5:30pm "A" and "B" Class	45 MIN BBT ONLY
Kajukenbo 60 MIN	7:00pm Advanced 8:00pm	7:00pm	7:00pm	7:00pm	6:15pm 45 MIN BBT ONLY	11:00am 45 MIN BBT ONLY
Krav Maga 45 MIN (Level 1) 60 MIN (Level 2)		8:00pm	8:00pm	8:00pm	6:15pm BBT ONLY 45 MIN Sparring Class	
*Jui Jitsu Grappling Club						11:45am 45 MIN BBT ONLY
Leadership *Invite Only					7:00pm (1st and 3rd Fridays)	
Cardio Kickboxing		9:15am		9:15am		9:15am

\*Times subject to change

# Details:

- ◆ Students must attend one “A” and one “B” day each week
- ◆ to advance to the next level of belt.
- ◆ Friday 5:30pm is for all levels and will cover both “A” and “B” day. This class is a “make up” class only. It is not intended for regular weekly attendance.
- ◆ All equipment must be purchased at PMA Olympia Pro-Shop.
- ◆ Friday & Saturday sparring and weapons training is for Black Belt Training only (Ask how to join BBT)
- ◆ Little Dragons Class is for 3-7 year olds.
- ◆ Friday/ Saturday class times may change due to events, look for current calendar for changes.
- ◆ **Krav Maga**- Adults only self defense class. Krav Maga is a self defense and fighting system, not a sport. All the techniques focus on strategies and effectiveness in real-life conditions and situations.
- ◆ **Kajukenbo** is a hybrid martial art that combines Western Boxing, Judo, Jujutsu, Kenpo Karate, Escrima, Tang Soo Do, and Kung Fu. It was founded in 1947 in Oahu, Hawaii, at the Palama Settlement. The original purpose of the art was to deal with local criminals. The first Mixed Martial Art.
- ◆ \*Advanced Kajukenbo is for Leadership and up.
- ◆ **Leadership** is an invitation only class. This class is for those that want to be leaders and someday instructors. Leadership classes will sometimes change dates please look at calendars for changes.
- ◆ **Jui Jitsu Grappling Club** is only for those in BBT and up. We work on Grappling for Tournament Drills and Techniques.
- ◆ **Cardio Kickboxing** is open to current students, non students, and parents. This class is a great way to get in shape or stay in shape. Burn up to 800 calories in one hour-long class!
- ◆ Safety gear is required to be in some of these classes. All equipment must be purchased at PMA Olympia Pro-Shop.