



# Progressive Martial Arts Training Center

1752 Center St.

New Iberia, La. 70560

**337-376-6509**

office@pmatc.com



Progressive Martial Arts Training Center and PMATC Group

www.pmatc.com

Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Youth Warriors Beginners Ages 5-12		4:45-5:30pm		4:45-5:30pm		
<b>Black Belt Warriors/CSW</b> Youth Intermediate	<b>4:45-5:30pm</b>		<b>4:45-5:30pm</b>			
Jing Mo Warriors Youth Adv & Leadership		5:30-6:15pm		5:30-6:15pm		
<b>60+ Workout</b>	12:10-12:50pm		12:10-12:50pm		12:10-12:50pm	
<b>10 RD Kickboxing/MMA</b> Workout	5:30-6:10pm	5:30-6:10pm	5:30-6:10pm	5:30-6:10pm		
<b>CSW</b>	<b>6:15-7:00pm</b>		<b>6:15-7:00pm</b>			
<b>Adult Warriors</b>	<b>7:15-8:15pm</b>		<b>7:15-8:15pm</b>			
<b>Muay Thai</b>		6:15-7:15pm		6:15-7:15pm		
<b>Brazilian Jiu Jitsu</b>		7:15-8:15pm		7:15-8:15pm		
<b>BJJ/CSW</b> Open roll No Gi						<b>9:00-10:00am</b>
<b>Wing Chun</b>						<b>10:00-11:00am</b>
<b>Kali</b>						<b>11:00-12:00pm</b>

**Proper Uniform and Equipment Required for all Classes**