



# Progressive Martial Arts Training Center

1752 Center St.

New Iberia, La. 70560

337-376-6509

office@pmatc.com

www.pmatc.com

Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lunchtime Workout</b>		12:10-12:50	12:10-12:50	12:10-12:50		
<b>Little Warriors</b>	3:30-4:00		3:30-4:00			
<b>Youth Warriors Level I</b> (Formerly Beginner Warriors)	4:00-4:45	4:00-4:45	4:00-4:45	4:00-4:45		
<b>Youth Warriors Level II</b> (Formerly BBW and Master Club)	5:00-5:45	5:00-5:45	5:00-5:45	5:00-5:45		
<b>MMA WORKOUT</b>		5:30-6:10		5:30-6:10		
<b>Teen Warriors</b>	6:15-7:00		6:15-7:00			
<b>ADULT WARRIORS</b>	7:15-8:15		7:15-8:15			10:00-12:00
<b>Muay Thai</b>		6:15-7:15		6:15-7:15		
<b>Brazilian Jiu Jitsu</b>		7:15-8:15		7:15-8:15		

Proper Uniform and Equipment Required for all Classes