



PMA WESTON NORTH

1375 Shotgun Road, Weston, FL 33326 (954) 217-6006

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30 PM	Black Belt Training	Tiny Champs 3&4 years old	Black Belt Training	Tiny Champs 3&4 years old		9:00 AM Cross Kick Conditioning
5:00 PM	Kids 8-12 years old	Little Champs 5-7 years old	Kids 8-12 years old	Little Champs 5-7 years old	Brazilian Jiu Jitsu 8-12 years old	9:30 AM Tiny Champs Little Champs
5:30 PM		Black Belt Training		Black Belt Training	Open Mat	10:00 AM Open Mat
6:00 PM	Little Champs 5-7 years old		Little Champs 5-7 years old	Premier Xtreme Martial Arts	Premier Taekwondo	11:00 AM Little Champs Kids
6:30PM	Black Belt Training	Kids 8-12 years old	Black Belt Training	Kids 8-12 years old	Certified Instructor Training	11:30AM Black Belt Training
7:00PM	Premier Xtreme Martial Arts	Black Belt Training		Black Belt Training		12:00 PM Premier Xtreme Martial Arts
7:30PM	Teens & Adults	Teens & Adults	Teens & Adults	Teens & Adults		
7:45PM		Brazilian Jiu Jitsu		Brazilian Jiu Jitsu		
8:15PM	Advance Kickboxing	Advance Krav Maga	Taekwondo	Advance Krav Maga		



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www.floridapma.com / pmawestonnorth@gmail.com