



Pentagon Mixed Martial Arts, LLC

CLASS SCHEDULE

PMMA Performance Center - Rev. April 2026



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Striking (Muay Thai)	6:00am - 7:00am Boxing	7:00am - 8:00am All Levels Muay Thai	6:00am - 7:00am All Levels Muay Thai	7:00am - 8:00am All Levels Muay Thai	6:00am - 7:00am Boxing	9:00am - 10:00am Heavy Bag Workout	9:00am - 10:00am Heavy Bag Workout
	10:00am - 11:00am Heavy Bag Workout		10:00am - 11:00am Heavy Bag Workout		10:00am - 11:00am Heavy Bag Workout	10:15am - 11:15am All Levels Muay Thai	10:15am - 11:15am All Levels Muay Thai
		12:00pm - 1:00pm All Levels Muay Thai		12:00pm - 1:00pm All Levels Muay Thai		11:30am - 1:00pm Advanced/Fight Team Sparring (Invitation Only)	11:30am - 12:30pm Muay Boran
	5:15pm - 6:15pm Fight Team Sparring (Fight Team Only)	5:15pm - 6:15pm Int/Adv Muay Thai	5:15pm - 6:15pm Foundations Muay Thai	5:15pm - 6:15pm Int/Adv Muay Thai	5:30pm - 6:30pm Int/Adv Muay Thai		
	5:15pm - 6:15pm Foundations Sparring (Invitation Only)		6:30pm - 7:30pm Int/Adv Muay Thai				
	6:30pm - 7:30pm Foundations Muay Thai	6:30pm - 7:30pm Foundations Muay Thai	7:30pm - 8:30pm Foundations Sparring (Invitation Only)	6:30pm - 7:30pm Foundations Muay Thai	6:45pm - 7:45pm Muay Boran		
	7:45pm - 8:45pm Int/Adv Muay Thai	7:45pm - 8:45pm All Levels Muay Thai	7:30pm - 9:00pm Fight Team Sparring (Fight Team Only)	7:45pm - 8:45pm All Levels Muay Thai			
Grappling (Brazilian Jiu Jitsu)		5:30am - 6:30am Gi All Levels		5:30am - 6:30am Gi All Levels	6:30am - 7:30am Gi/NoGi All Levels	9:30am - 10:30am NoGi Foundations	
						10:30am - 12:00pm Gi All Levels	10:30am - 12:00pm Int/Advanced Workshop/Sparring (Gi and NoGi)
		2:00pm - 3:00pm Drilling Session	1:00pm - 2:00pm Open Mat (Gi and NoGi)		1:00pm - 2:00pm Open Mat (Gi and NoGi)		
	5:30pm - 6:15pm Wrestling for Jiu Jitsu	5:30pm - 6:30pm Gi Foundations	5:30pm - 6:15pm Wrestling for Jiu Jitsu	5:30pm - 6:30pm Gi Foundations	5:15pm - 6:15pm Drilling Session		
	6:30pm - 7:30pm NoGi All Levels	6:45pm - 8:15pm Gi Int/Adv	6:30pm - 7:30pm NoGi All Levels	6:45pm - 8:15pm Gi Int/Adv	6:30pm - 8:00pm Competition Team Training (Competitors Only)		
	7:30pm - 8:30pm Advanced Workshop (Gi and NoGi)	8:15pm - 9:00pm Judo for Jiu Jitsu COMING SOON!!!	7:30pm - 8:30pm Advanced Workshop (Gi and NoGi)	8:15pm - 9:00pm Judo for Jiu Jitsu COMING SOON!!!			

Striking Classes

Grappling Classes

Specialty Classes