



Pentagon MMA Youth Center

CLASS SCHEDULE

PMMA Kids Center Rev. April 2026



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Warrior Kids Evaluation		4:30pm - 5:00pm Muay Thai Evaluation		4:30pm - 5:00pm BJJ Evaluation			
After School Program	4:30pm - 5:00pm Muay Thai		4:30pm - 5:00pm BJJ				
Little Warriors (Ages 5-7)	5:00pm - 5:30pm Little Warriors Muay Thai (Front Mat)	5:00pm - 5:30pm Little Warriors BJJ (Front Mat)	5:00pm - 5:30pm Little Warriors BJJ (Front Mat)	5:00pm - 5:30pm Little Warriors Muay Thai (Front Mat)		8:30am - 9:15am Little/Young Warriors Muay Thai and BJJ (Front Mat)	
Young Warriors (Ages 8-11)	5:30pm - 6:15pm Young Warriors Muay Thai (Back Mat)	5:30pm - 6:15pm Young Warriors BJJ (Back Mat)	5:30pm - 6:15pm Young Warriors BJJ (Back Mat)	5:30pm - 6:15pm Young Warriors Muay Thai (Back Mat)		8:30am - 9:15am Little/Young Warriors Muay Thai and BJJ (Front Mat)	
	5:30pm - 6:15pm Young Warriors Int/Adv BJJ (Front Mat) Green Belts+ Only	5:30pm - 6:15pm Young Warriors Int/Adv Muay Thai (Front Mat) Green Belts+ Only	5:30pm - 6:15pm Young Warriors Int/Adv Muay Thai (Front Mat) Green Belts+ Only	5:30pm - 6:15pm Young Warriors Int/Adv BJJ (Front Mat) Green Belts+ Only		10:00am - 11:00am Elite Program Specialty Class Agility for MMA (Back Mat) COMING SOON!!!	
Teen Warriors (Ages 12+)	6:30pm - 7:30pm Teen Warriors BJJ (Front Mat)	6:30pm - 7:30pm Teen Warriors Muay Thai (Front Mat)	6:30pm - 7:30pm Teen Warriors BJJ (Front Mat)	6:30pm - 7:30pm Teen Warriors Muay Thai (Front Mat)			
Black Belt Club (Invite Only)			6:30pm - 7:30pm Black Belt Club BJJ (Back Mat) Invitation Only	6:30pm - 7:30pm Black Belt Club Muay Thai (Back Mat) Invitation Only	4:30pm - 5:00pm Conditioning for MMA (Front Mat) Elite Kids/BBC Only	9:30am - 10:00am Conditioning for MMA (Front Mat) Elite Kids/BBC Only	
					5:00pm - 6:00pm Black Belt Club BJJ (Front Mat) Invitation Only	10:00am - 11:00am Black Belt Club Muay Thai (Front Mat) Invitation Only	