

PALANZO MARTIAL ARTS

ZOOM CLASS SCHEDULE EFFECTIVE SEPTEMBER 8, 2020

Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiny Champs (Ages 3-5)	4:00-4:30	6:00-6:30	4:00-4:30	6:00-6:30		
Little Champions (Ages 5-7)	4:45-5:15	6:45-7:15	4:45-5:15	6:45-7:15		
Karate Kids (Ages 8-12) White to Green Belt	6:30-7:15	4:00-4:45	6:30-7:15	4:00-4:45		10:00-10:40
Karate Kids (Ages 8-12) Brown & Red Belt	5:30-6:15		5:30-6:15			10:00-10:40
Karate Kids (Ages 8-12) Jr Black Belt		5:00-5:45		5:00-5:45		10:45-11:25
Teen & Adult All Levels	7:30-8:30	11:30-12:30	7:30-8:30	11:30-12:30		11:30-12:30
Kenpo Karate 1 st Degree Black and Up					5:00-6:00	
Yoga All Levels Teen & Adult		7:30-8:30		7:30-8:30		

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PMAOnlineTraining.com

ZOOM CLASS LOGIN

1. Go to PMAOnlineTraining.com
2. Login to your account
3. Go to Virtual Classes
4. Join your class using the Zoom link