



Professional Martial Arts Training Center

Class Schedule 2009 Spring

322 & 328A Larkfield Rd., E. Northport, NY 11731

www.pmatcny.com (631) 266-3768

Group	Mon	Tues	Weds	Thurs	Fri	Sat
Theory Classes						
Tiger Tots	10-10:30am	4:30-5:00pm	4:30-5:00pm	11:30am-12:00pm		11:45-12:15pm 12:30-1:00pm
Tigers	4:30-5:15pm	5-5:45pm		4-4:45pm	5:30-6:15pm	10:30-11:30am** <i>Blue/Green</i> 11:45-12:30pm** <i>White-Purple</i>
Juniors	6:15-7:15pm	5-6:00pm	4:30-5:30pm 7:30-8:30pm** <i>Green/S & Brown</i>	5-6:00pm	5:30-6:30pm	10:30-11:30am** <i>Blue & Higher</i> 12:30-1:30pm** <i>White-Purple</i>
PreTeen	6:15-7:15pm	7:15-8:15pm	7:30-8:30pm** <i>Green/S & Brown</i>	5-6:00pm	7:45-8:45pm	10:30-11:30am** <i>Blue & Higher</i> 1:30-2:30pm
Teen		7:15-8:15pm	7:30-8:30pm** <i>Green/S & Brown</i>	7:30-8:30pm	7:45-8:45pm	1:30-2:30pm
Adult	11am-12:00pm	7:15-8:15pm	7:30-8:30pm** <i>Green/S & Brown</i>	9:15-10:15am 7:30-8:30pm		1:30-2:30pm
Application Classes						
Sparring				6:30-7:30pm		9:30-10:30am
Grappling			5:30-6:30pm		6:30-7:30pm	
Special Classes & Programs						
Black Belt Work Out			8:30-9:30pm	8:30-9:30pm		
Tai Chi Ch'uan		6-7:00pm		10:15-11:15am		
Competition Team		7:15-8:15pm				10:30-11:30am
Note: Competition Team meets on Sunday for <i>Group</i> Competition and Demos						
Weapons Program			6:30-7:30pm			
Private Lessons						
All	3:30pm 4:00pm 5:30pm	3:30pm 4:00pm 4:30pm			3:30pm 4:00pm 4:30pm	9:00am 2:30pm 3:00pm 3:30pm
Note: Additional Private Lessons times are available upon request.						

Special Notes for Training

- Arrive early to prepare for your lesson
- Bring a water bottle to every lesson
- Notify your instructor(s) of any injuries or problem areas you may have
- If you feel faint, dizzy, pain or sick during a lesson ask permission to sit down. Don't try to be a "tough guy", only do what your body allows you to do. Progress will occur, but not overnight.
- Remember, you are not in competition with anyone else. The most important thing you can do is simply try to be better than the last time you trained.
- Don't be concerned if someone else received their promotion and you did not. There is no competition among students. The only person you should compete against is the person you were yesterday.
- If for any reason you have a question, problem, or would like to discuss a particular subject matter (ie; training, philosophy, testing, payments, etc.) please contact us. We would be more than happy to make time for you to discuss your concerns.