



## Premier Martial Arts – Bothell

22833 Bothell-Everett Hwy #150, Bothell, WA 98021

[info@pmabothell.com](mailto:info@pmabothell.com) – (425) 658 2762

### EMPOWERING LIVES THROUGH MARTIAL ARTS

<https://premiermartialarts.com/washington-bothell/>

Program	Mon	Tue	Wed	Thu	Fri	Sat
<b>Tiny Champs</b> (3 - 4 Years) 30 Min		3:30 PM			3:30 PM	
<b>Lil' Champs</b> (5 - 7 Years) 30 Min	4:30 PM 6:15 PM	5:30 PM 6:15 PM	6:15 PM	4:30 PM 6:15 PM	5:30 PM 6:15 PM	10:45 AM
<b>PMA Kidz</b> (8 - 12 Years) 45 Min	5:15 PM 7:10 PM	4:30 PM 7:10 PM	7:10 PM	5:15 PM 7:10 PM	4:30 PM 7:10 PM	11:30 AM
<b>Teens/Adults</b> (13+ Years) 60 Min	8:10 PM	8:10 PM	8:10 PM	8:10 PM	8:10 PM	12:30 PM

### NOTICE

#### *Class schedule*

- *Class runs twice a week, Mon/Thu, Tue/Fri & Wed/Sat*

#### *Please arrive 5 minutes prior to scheduled class.*

- o *We show respect to our instructor and fellow students by arriving 5 minutes prior to class.*
- o *Quietly prepare for class and pick-up your attendance card. Place gear bag with your clothes and shoes in it neatly under your parent's chair in the lobby.*
- o *If you arrive after the start of class, please wait on the side of the mat until our instructor, invites you to join in between drills.*

#### *Martial Arts begins and ends with maximum courtesy and respect.*

- o *Parents and Families – Please maintain a quiet tone when a class is in session and please refrain from correcting your child. We do not want to disrupt the student from where they should be focused.*

***Join Our Facebook/Instagram Pages  
Premier Martial Arts – Bothell  
Ask About Our Awesome Birthday Parties!***