



Premier Martial Arts – Sammamish
22526 SE 4th Street #A2, Sammamish, WA 98074
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EMPOWERING LIVES THROUGH MARTIAL ARTS

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

Program	Mon	Tue	Wed	Thu	Fri	Sat
Tiny Champs (3 - 4 Years) 30 Min		4:00 PM			4:00 PM	
Lil' Champs (5 - 7 Years) 30 Min	4:30 PM 6:15 PM	5:30 PM 6:15 PM		4:30 PM 6:15 PM	5:30 PM 6:15 PM	
PMA Kidz (8 - 12 Years) 45 Min	5:15 PM 7:10 PM	4:30 PM 7:10 PM		5:15 PM 7:10 PM	4:30 PM 7:10 PM	
Teens (13+ Years) 60 Min	8:10 PM	8:10 PM		8:10 PM	8:10 PM	

NOTICE

Class schedule

- *Class runs twice a week, Mon/Thu or Tue/Fri (unless specified)*

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.*

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Ask About Our Awesome Birthday Parties!**