



CLASS SCHEDULE



CHATTANOOGA-EAST BRAINERD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tiny Champions Pre-K ages 3-5 (30 mins)	4:00 PM	4:00 PM	4:00 PM	4:00 PM		11:30 AM
Little Champions Kindergarten-7 yrs (30-45 mins)	4:30 PM 6:00 PM	4:30 PM 6:00 PM	4:30 PM 6:00 PM	4:30 PM 6:00 PM		12:00 PM
Champions Kids ages 8-12 (30-45 mins)	5:15 PM 6:45 PM	5:15 PM 6:45 PM	5:15 PM 6:45 PM	5:15 PM 6:45 PM		12:30 PM
Teens Teens ages 13-15 (45-60 mins)		7:30 PM		7:30 PM		
Teens & Adults Teens / Adults ages 16+ (45-60 mins)	7:30 PM		7:30 PM			
Leader's Edge Training (by invitation)						9:30 AM
Premier Training (Purple Belt & up)						10:30 AM

Champions & Teens ages 8-17 (60 mins)

Arrive 5 minutes prior to scheduled class.

Have equipment on before class. Parents please wait outside until the previous class has begun to empty.

Martial arts begins and ends with maximum courtesy and respect.

Parents-please maintain a quiet tone when class is in session and refrain from correcting your child. We do not want to disrupt students from where they should be focused.

Access to Special Events

Parent's Night Out
 Birthday Parties
 Kid-Safe Workshop
 Bullyproof Workshop
 Karate for Concentration
 Adult/Women's Self-Defense

Join Our Members Only Facebook Group

Search Facebook for:
 PMA East Brainerd Members
 Primary Communication Channel