



# CLASS SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Tiny Champions</b> 30 minutes, ages 3-4, Mommy and Me			4:00 PM 4:45 PM			9:00 AM
<b>Little Champions</b> 45 minutes, ages 5-7	4:00 PM 6:00 PM	4:00 PM 6:00 PM	6:00 PM	4:00 PM 6:00 PM	4:00 PM 6:00 PM	9:30 AM
<b>PMA Kids</b> 1 hour, ages 8-12	4:45 PM 6:45 PM	4:45 PM 6:45 PM	6:45 PM	4:45 PM 6:45 PM	4:45 PM 6:45 PM	10:15 AM
<b>Teens / Adults</b> 1 hour 15 min., age 12+	7:45 PM	7:45 PM		7:45 PM	7:45 PM	
<b>On-Ramp</b> 1x / Week, age 5-12			5:15 PM			

### Arrive 5 minutes prior to scheduled class.

Quietly prepare for class, not disturbing the class in session.

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

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

### Seminars Offered Monthly

Parent 's Night Out, Birthday Parties, Kid Safe, Anti-Abduction, Bully Proof, ABC's of Success, Goal Setting, and more!

### Join Our Facebook Group

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