



**Premier Martial Arts Fairwood**  
 14240 SE 176<sup>th</sup> St, Renton, WA 98058  
 (425) 818-3344

## CLASS SCHEDULE

| PROGRAM                                                             | CLASS OPTIONS                                     |                                |                                                                       |                                |                                |                                                                        |
|---------------------------------------------------------------------|---------------------------------------------------|--------------------------------|-----------------------------------------------------------------------|--------------------------------|--------------------------------|------------------------------------------------------------------------|
| <b>Tiny Champs</b><br>30 minutes<br>Age 4                           | <b>Saturday</b><br>10:55a-11:25a                  |                                |                                                                       |                                |                                |                                                                        |
| <b>Little Champs</b><br>30 minutes<br>Ages 5-7<br>(+15 min for BBT) | <b>Mon/Thurs</b><br>4:10p-4:40p<br>(Starter Only) | <b>Tues/Fri</b><br>4:50p-5:20p | <b>Wednesday</b><br>5:00p-5:30p<br><br><b>Saturday</b><br>9:00a-9:45a |                                |                                |                                                                        |
| <b>PMA Kids</b><br>45 minutes<br>Ages 8-12<br>(+15 min for BBT)     | <b>Mon/Thurs</b><br>4:45p-5:30p                   | <b>Mon/Thurs</b><br>5:50-6:35p | <b>Mon/Thurs</b><br>6:55p-7:40p                                       | <b>Tues/Fri</b><br>5:40p-6:25p | <b>Tues/Fri</b><br>6:45p-7:30p | <b>Wednesday</b><br>5:50p-6:35p<br><br><b>Saturday</b><br>9:50a-10:35a |
| <b>Teens</b><br>45 minutes<br>Ages 12-17<br>(+15 min for BBT)       | <b>Mon/Wed</b><br>8:00p-8:45p                     |                                |                                                                       |                                |                                |                                                                        |
| <b>Adv Teens/Adults</b><br>60 minutes<br>Ages 14+<br>(BBT Required) | <b>Tues/Thurs</b><br>7:50p-8:50p                  |                                |                                                                       |                                |                                |                                                                        |
| <b>Premier Training</b><br>75 minutes                               | <b>Saturday</b><br>11:40a-12:55p                  |                                |                                                                       |                                |                                |                                                                        |
| <b>Demo Team</b><br>75 minutes                                      | <b>Saturday</b><br>1:00p-2:15p                    |                                |                                                                       |                                |                                |                                                                        |
| <b>Leadership Training</b><br>60 minutes                            | <b>Wednesday</b><br>6:55p-7:55p                   |                                |                                                                       |                                |                                |                                                                        |

\*Effective September 8, 2025