

Premier Martial Arts:

Poway Weekly Class Schedule:

858 748-1618

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:30 to 4:10 pm	3:30 to 4:20 pm	3:30 to 4:10 pm	3:30 to 4:20 pm	3:30 to 4:10 pm	9:00 to 9:30 am
Champions & Champions BBC (4-6 year olds)	<i>Childrens (7 - 12) Beginners & BBC</i>	Champions & Champions BBC (4-6 year olds)	<i>Childrens (7 - 12) Beginners & BBC</i>	Champions & Champions BBC (4-6 year olds)	Tiny Champs 3 and 4 year olds
4:10 to 5:00 pm	4:20 to 5:10 pm	4:10 to 5:00 pm	4:20 to 5:10 pm	4:10 to 5:00 pm	9:30 to 10:10 am
Children (7-12) Advanced	Childrens (7 - 12) Intermediate & BBC	Children (7-12) Advanced	Childrens (7 - 12) Intermediate & BBC	Children (7-12) Advanced	Champions & Champions BBC (4-6 year olds)
5:00 to 5:50pm	5:10 to 5:50pm	5:00 to 5:50pm	5:10 to 5:50pm	5:00 to 5:50pm	10:10 to 11:00 am
Childrens (7 - 12) Intermediate & BBC	Champions & Champions BBC (4-6 year olds)	Childrens (7 - 12) Intermediate & BBC	Champions & Champions BBC (4-6 year olds)	Childrens (7 - 12) Intermediate & BBC	<i>Childrens (7 - 12) Beginners & BBC</i>
5:50 to 6:40 pm	5:50 to 6:40 pm	5:50 to 6:40 pm	5:50 to 6:40 pm	5:50 to 6:40 pm	11:00 to 11:50 am
<i>Childrens (7 - 12) Beginners & BBC</i>	Children (7-12) Advanced	<i>Childrens (7 - 12) Beginners & BBC</i>	Children (7-12) Advanced	<i>Childrens (7 - 12) Beginners & BBC</i>	Children (7-12) Intermediate & Advanced
6:45 to 7:45 pm	6:45 to 7:45 pm	6:45 to 7:45 pm	6:45 to 7:45 pm		11:45 to 12:45 pm
Teens & Adults All Levels	Teens & Adults All Levels	Teens & Adults All Levels	Teens & Adults All Levels		Adults, Teens & Family Class

Tiny Champs - (3 and 4 year olds) 30 minute, once a week class

Champions (4 to 6 year olds) **Basic Training** (30 minute class) **Black Belt Club** (40 minute class)

Children's (7 to 12 years old) **Beginners** - White, Yellow & Orange Belts (40 minute class) **Black Belt Club** - (50 minute class)

Children's (7 to 12 years old) **Intermediate Class - Purple, Blue and Green Belts** Black Belt Club - (50 minute class)

Childrens (7 to 12 years old) **Advanced** - Brown, Red & Black Belt **BBC** Program (50 minute class)

BBC - Black Belt Club (includes weapons, forms, sparring and advanced self-defense techniques)

Family Class - Adults, Teens and Children 7 - 12 whose parent's or teenage siblings are members