



# CLASS SCHEDULE

**PREMIER MARTIAL ARTS DICKINSON**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CURRICULUM CLASSES</b>	<i>A Day Curriculum</i>		<i>B Day Curriculum</i>			
Tiny Champs Basic	5:30 – 6:00pm	3:30 – 4:00pm	5:30 – 6:00pm	3:30 – 4:00pm		
Little Champions Basic	6:05 – 6:45pm	4:05 – 4:45pm	6:05 – 6:45pm	4:05 – 4:45pm		
Youth Basic	4:45 – 5:25pm	6:50 – 7:30pm	4:45 – 5:25pm	6:50 – 7:30pm		
Youth BBT & ABBT	4:00 – 4:40pm	6:05 – 6:45pm	4:00 – 4:40pm	6:05 – 6:45pm		
Adult Basic, BBT, ABBT	6:50 – 7:50pm	5:00 – 6:00pm	6:50 – 7:50pm	5:00 – 6:00pm		
Make Up Class	<i>Saturdays 10:00–11:15am at League City PMA</i>					
<b>ADVANCED PROGRAM CLASSES</b>	<i>See League City PMA Schedule for more Advanced Program Classes!!</i>					
<b>Black Belt Training Program</b>						
Basic Weapons		7:30 – 8:00pm				
Sparring Drills				6:00 – 6:45pm		
<b>Premier Program</b>						
Premier Workshop <i>(sparring, weapons, breaking)</i>	<i>Saturdays 11:15–12:15pm at League City PMA</i>					
Weapons						
Sparring	7:50 – 8:30pm			6:45 – 7:30pm		
Premier Competition Forms		5:30 – 7:00pm				
<b>Leadership Program</b>						
Leadership Workshop <i>(instructor training, life skills)</i>	<i>Saturdays 11:15–12:45pm at League City PMA</i>					
Xtreme Martial Arts			5:30 – 6:30pm			
Little Champions Leadership Workshop	<i>Fridays 4:45–5:30pm at League City PMA</i>					
<b>SPECIAL PROGRAM CLASSES</b>	<i>See League City PMA Schedule for more Special Program Classes!!</i>					
Mixed Martial Arts				7:30 – 8:30pm		
Adult Brazilian Jui Jitsu		11:00 – 12:00pm		11:00 – 12:00pm		
Adult Self Protection (Krav Maga)	7:00 – 8:00pm	12:00 – 1:00pm	7:00 – 8:00pm	12:00 – 1:00pm		
Adult Fitness Kickboxing	12:00 – 1:00pm	6:00 – 7:00am 4:30 – 5:30pm	12:00 – 1:00pm	6:00 – 7:00am 4:30 – 5:30pm		

Curriculum classes are divided based on age and belt level as follows.

**AGE GROUPS:** Tiny Champs – 3-4 Years Little Champions – 5-7 Years Youth – 8-12 Years Adult – 13 Years and Up

**BELT LEVELS:** Basic – White, Yellow, Orange Belts Black Belt Training (BBT) – Purple, Blue, Green Belts Advanced Black Belt Training (ABBT) – Brown, Red, Black Belts

*NOTE: We reserve the right to assign any student to a class based on behavior and maturity. Parents may attend Youth classes with their child(ren).*

**Advanced Program and Special Program classes are divided based on your membership program.**