

Premier Martial Arts Schedule

January 02 - June 01, 2017

JUNIORS CLASSES 4 - 12 Years Old

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Martial Arts BBC (4-7 Y. Old) MC (4-7 Y. Old)	Sensei Laurian 4:00 - 4:45pm 4:00 - 5:00pm	Waiting List 4:00 - 4:45pm 4:00 - 5:00pm	Sensei Laurian 4:00 - 4:45pm 4:00 - 5:00pm	Waiting List 4:00 - 4:45pm 4:00 - 5:00pm	/	Bonus Class 12:00 - 12:45pm 12:00 - 12:45pm
Martial Arts BBC (4-10 Y. Old) MC (4-10 Y. Old)	Sensei Laurian 5:00 - 5:45pm 5:00 - 6:00pm	Waiting List 5:00 - 5:45pm 5:00 - 6:00pm	Sensei Laurian 5:00 - 5:45pm 5:00 - 6:00pm	Waiting List 5:00 - 5:45pm 5:00 - 6:00pm	/	Bonus Class 12:00 - 12:45pm 12:00 - 12:45pm
Martial Arts BBC (4-7 Y. Old) MC (4-7 Y. Old)	Sensei Laurian 6:00 - 6:45pm 6:00 - 7:00pm	Instructor Dave 6:00 - 6:45pm 6:00 - 7:00pm	Sensei Laurian 6:00 - 6:45pm 6:00 - 7:00pm	Instructor Dave 6:00 - 6:45pm 6:00 - 7:00pm	/	Bonus Class 12:00 - 12:45pm 12:00 - 12:45pm

TEENS / ADULTS

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Krav Fit Combat Fitness	Laurian 7:00 - 8:00 AM	/	Laurian 7:00 - 8:00 AM	/	/	/
KRAV MAGA Self Defence	Laurian 8:00 - 9:00 AM	/	Laurian 8:00 - 9:00 AM	/	/	/
BODY CHALLENGE	Laurian 9:00 - 10:00 AM	/	Laurian 9:00 - 10:00 AM	/	Laurian 9:00 - 10:00 AM	/
BJJ All Levels	Brook 12:00 - 1:00 PM	/	Brook 12:00 - 1:00 PM	/	/	/
CARDIO KICKBOXING	/	/	/	Dave 7:00 - 8:00 PM	/	Dave 11:00 - 11:45 AM
MMA All Levels	Sensei Trevor 7:00 - 8:00 PM	Sensei Trevor 7:00 - 8:00 PM	Sensei Trevor 7:00 - 8:00 PM	/	/	/
BJJ All Levels	Sensei Trevor 8:00 - 9:00 PM	Sensei Trevor 8:00 - 9:00 PM	/	Sensei Trevor 8:00 - 9:00 PM	/	/
ADVANCED ARTS Invitation Only	/	/	Sensei Trevor 8:00 - 9:00 PM	/	/	/

Premier Martial Arts

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