

Premier Martial Arts Abilene

S. 14th & Online Class Schedule

	Monday & Wednesday (PM) Option # 1	Tuesday & Thursday (PM) Option # 2	Friday Premier Training (PM) ONLY	Saturday (AM) Extra Class
Tiny Champ 3-4 yrs.	5:30 – 6:00	3:30 – 4:00		
Lil' Champ 5 - 7 yrs.	Basic 3:45 – 4:15 BBT 3:45 – 4:30	Basic 6:00 – 6:30 BBT 6:00 – 6:45		Basic 10:15 – 10:45 BBT 10:15 – 11:00
Youth Beg. 8 - 12 yrs.	Basic 4:30 – 5:15 BBT 4:30 – 5:30	Basic 6:45 – 7:30 BBT 6:45 – 7:45		Basic 11:00 – 11:45 BBT 11:00 – 12: 00
Youth Adv. 8 - 12 yrs.	BBT 6:00 – 7:00 PT 6:00 – 7:15	BBT 4:00 – 5:00 PT 4:00 – 5:15	PT/Demo Team 5:30 -7:00	BBT 11:00-12:00 PT 11:00 – 12:15
Teen/Adult 13 & up	Basic 7:15 – 8:00 BBT 7:15 – 8:15 PT 7:15 – 8:30	Basic 7:45 – 8:30 BBT 7:45 – 8:45 PT 7:45 – 9:00	PT/Advanced Class 7:00 - 8:30	Basic 9:00 - 9:45 BBT 9:00 – 10:00 PT 9:00 – 10:15
No Gi Jiu-Jitsu 5-12 years		5:15 – 6:00		12:15 - 1:30

Wylie Class Schedule (use S. 14th Schedule for online classes)

	Monday & Wednesday (PM) Option # 1	Tuesday & Thursday (PM) Option # 2
Tiny Champ 3-4 yrs.	3:30 – 4:00	5:30 – 6:00
Lil' Champ 5 - 7 yrs.	Basic 6:00 – 6:30 BBT 6:00 – 6:45	Basic 3:45 – 4:15 BBT 3:45 – 4:30
Youth Beg. 8 - 12 yrs.	Basic 6:45 – 7:30 BBT 6:45 – 7:45	Basic 4:30 – 5:15 BBT 4:30 – 5:30
Youth Adv. 8 - 12 yrs.	BBT 4:00 – 5:00 PT 4:00 – 5:15	BBT 6:00 – 7:00 PT 6:00 – 7:15
Teen/Adult 13 & up	Basic 7:45 – 8:30 BBT 7:45 – 8:45 PT 7:45 – 9:00	Basic 7:15 – 8:00 BBT 7:15 – 8:15 PT 7:15 – 8:30
No Gi Jiu-Jitsu 5-12 yrs.	5:15 – 6:00	

J.C. MMA Fight Gym Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Saturday
Youth Fight Team	6:45-8:00pm <u>MMA</u>	7:45-9:00pm <u>Gi BJJ</u>	6:45-8:00pm <u>MMA</u>	7:45-9:00pm <u>Gi BJJ</u>	12:15-1:30pm <u>MMA</u>
Adult Fight Team	8:00-9:15pm <u>MMA</u>	7:45-9:00pm <u>Gi BJJ</u>	8:00-9:15pm <u>MMA</u>	7:45-9:00pm <u>Gi BJJ</u>	1:30-2:45 pm <u>MMA</u>
Adult Fitness Kickboxing		9:00-10:00am 6:45-7:45pm		9:00-10:00am 6:45-7:45pm	

All Members Must Sign Up at JamesCoxMartialArts.com

PMA Program Levels

Choose your experience from Basic Training, Black Belt Training (BBT) or Premier Training (PT)

1.) Basic Training Program: (Choose 1 option + Saturday)

- Ages 3 & up for white, yellow, and orange belt.
- Includes a fun modern mixed martial art curriculum of Krav-Maga, Kickboxing, Brazilian jiu-jitsu, Kajukenbo and complete physical fitness.
- Builds a strong foundation and develops a positive mental attitude.
- Instills personal life skills and character development with confidence, discipline, respect, and focus.

2.) Black Belt Training Program (BBT): (Choose 1 schedule option + Saturday)

- Ages 5 & up for all belts.
- Includes everything from basic training plus a 15-minute extension in every class to learn exciting weapons training and safe sparring.
- Sets the goal of becoming a well-rounded black belt.
- Get Brazilian Jiu-Jitsu/grappling classes added on for free.

3.) Premier Training Program (PT): (Choose 1 option as well as Friday Training + Saturday)

- Ages 8 & up for purple belts and higher ONLY.
- Includes everything from basic training and black belt training PLUS another 15-minute extension to every class with an additional Friday class to learn the more advanced skills.
- Receive a separate belt rank in Kajukenbo, Brazilian Jiu-Jitsu and the Premier System.
- Become a part of our demonstration, competition, leadership, and fight teams.

***How about an Awesome Karate Birthday Party? ***
Available Saturday or Sunday at 2:30 or 5:00pm

3287 South 14th Street (off Willis)
Abilene, TX 79605 (325) 676-2696

6410 Buffalo Gap Road (off Antilley)
Abilene, TX 79606 (325) 704-5454

3291 South 14th Street (off Willis)
Abilene, TX 79605 (325) 439-0182

Owner Grand Master James Cox
(325) 439-0182 / gmjamescox@gmail.com

Like our *Facebook* pages: Premier Martial Arts
3287 South 14th and 6410 Buffalo Gap

Subscribe to our *YouTube* channel: James Cox Martial Arts

Follow our *Podcast*: The Martial Arts Lifestyle with James Cox

Membership Site: JamesCoxMartialArts.com

