



MANNA'S CLASS SCHEDULE

A Licensed School of The Educational Martial Arts System (TEMAS)



PLEASE ARRIVE PRIOR TO THE START OF CLASS

2023/2024 - Academic School Year

No Zoom Broadcast on Saturdays

	MONDAY TIGER DRAGON	TUESDAY TIGER DRAGON	WEDNESDAY TIGER DRAGON	THURSDAY TIGER DRAGON	FRIDAY TIGER DRAGON	SATURDAY TIGER DRAGON
9:00						AEROBIC & BAG KICKBOXING TEEN, ADULT 9 AM - 10 AM PRIVATE CLASSES TIMES
10:30	Ages 7-12 2:30 - 3:30 PM Ages 5 & 6 2:30 - 3:30 PM		Ages 7-12 2:30 - 3:30 PM Ages 5 & 6 2:30 - 3:30 PM	Ages 5 & 6 2:30 - 3:30 PM	Ages 7-12 2:30 - 3:30 PM 3PM TO 3:30 PM	Ages 7-12 10:30 - 11:30 Instructor may adjust class Ages 5-8 10:30 - 11:30
11:30						COMPETE BE EARLY BE READY TEEN, ADULT & SONGIN Noon - 1:30 PM PRIVATE CLASSES TIMES
Noon	Ages 7-12 Start time: 4pm W/O to 5pm G/B/R to 5:15pm Ages 5 & 6 4 - 5 PM	Ages 7-12 Start time: 4pm W/O to 5pm G/B/R to 5:15pm Ages 5 & 6 4 - 5 PM	Ages 7-12 Start time: 4pm W/O to 5pm G/B/R to 5:15pm Ages 5 & 6 4 - 5 PM	Ages 7-12 Start time: 4pm W/O to 5pm G/B/R to 5:15pm Ages 5 & 6 4 - 5 PM	Ages 7-12 Start time: 4pm W/O to 5pm G/B/R to 5:15pm Ages 5 & 6 4 - 5 PM	Leadership & Instructors Training held once a month check dates at www.manna.us
5:00						
5:15						
5:30	ONLY Ages 7-12 5:30 to 6:30pm Green-Blue-Red TEEN, ADULT & SONGIN 5:30-6:45 PM	ONLY Ages 7-12 5:30 to 6:30pm White-Orange TEEN, ADULT & SONGIN 5:30-6:45 PM	Ages 7-12 5:30 to 6:30pm ALL RANKS Life Skills 5:30 - 6:20 PM Min. Age 7 Twice a month check online calendar for dates	ONLY Ages 7-12 5:30 to 6:30pm Green-Blue-Red TEEN, ADULT & SONGIN 5:30-6:45 PM	Ages 7-12 5:30 to 6:30pm ALL RANKS TEEN, ADULT & SONGIN 5:30-6:30 PM	Teen/Adult 1:30 - 3 PM Min. Age 13
6:30						
6:45						
7:00	TEEN, ADULT 7PM - 8:15PM Min. Age 30 7PM - 8:15PM	AEROBIC & BAG KICKBOXING TEEN, ADULT 7 PM - 8 PM	TEEN, ADULT 7PM - 8:15PM Min. Age 30 7PM - 8:15PM	TEEN, ADULT 7 PM - 8 PM AEROBIC & BAG KICKBOXING	Warm up begins at 6:30 PM BLACK BELT & KO DAN JA 7 PM - 9+ PM Pickup begins at 9:30 PM 3rd Friday Night Class 7 PM to 9 PM Black Belt party ends 10:30 PM KoDanJa class 8:30- 9:30 PM	
8:00						
8:15						

CLASS POLICIES FOR ALL MEMBERS

- Our school meets or exceeds all current safety requirements.
- Most classes broadcasted (not Saturdays) and available on demand for up to six (6) days.
- Late Arrivals: Bow to Instructor and take next open position (junior spot).
- Dressing/Changing Rooms are for use by MASP & Summer Camp attendees only.
- All female participants must wear shirt under uniform top, male participants will not wear shirt under uniform.
- MANNA'S does not lend or is not responsible for member's uniforms or equipment.
- School and Sparring Rules are located in the your Manna's Student Manual, downloadable on our site.
- Please check schedule for Rank Specific classes above: ONLY ○ ● ● ● ONLY ● ● ● ●
- COMPETE Saturday Teen, Adult, Songin class is directed at competition training, performance based.



AGES 3, & 4*
30 Minutes



AGES 5, 6
60 Minutes



AGES 7 - 12*
60-75 Minutes



TEEN/ADULT*
AGES 13-29



SONGIN ADULT*
MIN. AGE 30



LIFE SKILLS YOUTH
LEADERSHIP TEEN/ADULT



ONLY
60 Minutes

MANNA'S, 12285 World Trade Drive, Suite B, San Diego CA 92128 - (858) 487-6470 - www.manna.us - office@manna.us

*Age/Instructor's Decision

ALL INFORMATION ON THIS SHEET IS FOR THE PRIVATE USE TO MANNA'S MEMBERS ONLY

Effective date: February 12, 2024