



# MANNA'S CLASS SCHEDULE

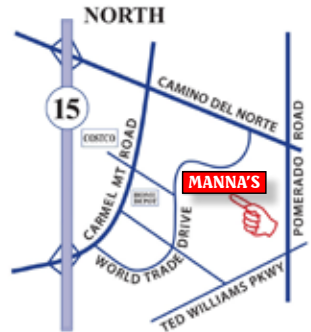


A Licensed School of The Educational Martial Arts System (TEMAS)

Effective Date: JANUARY 20, 2022

	MONDAY TIGER DRAGON OPEN AT 7:30 AM	TUESDAY TIGER DRAGON OPEN AT 7:30 AM	WEDNESDAY TIGER DRAGON OPEN AT 7:30 AM	THURSDAY TIGER DRAGON OPEN AT 7:30 AM	FRIDAY TIGER DRAGON OPEN AT 7:30 AM	SATURDAY TIGER DRAGON OPEN 9:45 AM No Zoom on Saturday Trainings
2:30						
3:00	Ages 5-12 2:30 - 3:30PM		Ages 5-12 2:30 - 3:30PM		Ages 5-12 2:30 - 3:30PM	
3:30		8PM TO 3:30PM			8PM TO 3:30PM	
4:00	Ages 7-12 Start time: 4pm W/O to 5pm G/B/R to 5:15pm	Ages 7-12 Start time: 4pm W/O to 5pm G/B/R to 5:15pm	Ages 7-12 Start time: 4pm W/O to 5pm G/B/R to 5:15pm	Ages 7-12 Start time: 4pm W/O to 5pm G/B/R to 5:15pm	Ages 7-12 Start time: 4pm W/O to 5pm G/B/R to 5:15pm	
5:00	Ages 5 & 6 4 - 5PM	Ages 5 & 6 4 - 5PM	Ages 5 & 6 4 - 5PM	Ages 5 & 6 4 - 5PM	Ages 5 & 6 4 - 5PM	
5:15						
5:30	TEEN, ADULT & SONGIN 5:30-6:45 PM	TEEN, ADULT & SONGIN 5:30-6:45 PM	TEEN, ADULT & SONGIN 5:30-6:45 PM	TEEN, ADULT & SONGIN 5:30-6:45 PM	TEEN, ADULT & SONGIN 5:30-6:30 PM Black Belts only assist	
6:30	Ages 7-12 Start time: 5:30 W/O to 6:30pm G/B/R to 6:45pm	Ages 7-12 Start time: 5:30 W/O to 6:30pm G/B/R to 6:45pm	Ages 7-12 Start time: 5:30 W/O to 6:30pm G/B/R to 6:45pm	Ages 7-12 Start time: 5:30 W/O to 6:30pm G/B/R to 6:45pm	Ages 7-12 Start time: 5:30 W/O to 6:30pm G/B/R to 6:45pm	
6:45						
7:00	SONGIN Min. Age 30 7PM - 8:15PM	KICKBOXING TEEN, ADULT 7 PM - 8PM	SONGIN Min. Age 30 7PM - 8:15PM	KICKBOXING TEEN, ADULT 7 PM - 8PM		
8:00						
8:15						

Give your training a boost!  
**PRIVATE CLASSES**  
Private classes can be scheduled throughout the week based on availability by you and the Instructor, Grandmaster, Master and Instructors available. In studio or by Zoom



## CLASS POLICIES FOR ALL MEMBERS

- All Children Must wear a mask entering, during occupancy and exiting our school.
- Our school meets or exceeds all current safety requirements.

Classes broadcasted and available on demand for up to seven (7) days. Never miss a class!

Late Arrivals: Bow to Instructor and take next open position (junior dot).

Dressing/Changing Rooms are for use by MASP & Summer Camp attendees only.

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.

**BLACK BELT & KO DAN JA**  
7 PM - 9 PM  
Pickup begins at 9:20PM.

3rd Friday Night  
Class 7PM to 9PM  
Black Belt party ends 10:30PM  
KoDanJa class 8:30- 9:30PM



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

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