



# MANNNA'S CLASS SCHEDULE

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



## SEPTEMBER 21<sup>st</sup> SCHEDULE - See Class Policies Below

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	TIGER DRAGON OPEN AT 7:30 AM	TIGER DRAGON OPEN AT 7:30 AM	TIGER DRAGON OPEN AT 7:30 AM	TIGER DRAGON OPEN AT 7:30 AM	TIGER DRAGON OPEN AT 7:30 AM
2:30					
3:00	Ages 5-11 2:30 - 3:30PM		Ages 5-11 2:30 - 3:30PM		Ages 5-11 2:30 - 3:30PM
3:30					
4:00	12 Student Max Ages 7-11 4 - 5PM		12 Student Max Ages 7-11 4 - 5PM		12 Student Max Ages 7-11 4 - 5PM
	Ages 5 & 6 4 - 5PM	WHITE & ORANGE Ages 7-11 4 - 5PM	Ages 5 & 6 4 - 5PM	zoom GREEN & BLUE BELTS IN HOME ONLY 4 - 5PM	Ages 5 & 6 4 - 5PM
5:00					
5:30	12 Student Max TEEN ADULT & SONGIN 5:30-6:30 PM		Life Skills Youth 5:30 - 6:15 PM		Class Begins Promptly
6:00	Ages 7-11 5:30-6:30 PM	zoom RED BELT DRAGON IN HOME ONLY 5:30 - 6:30PM	Leadership Teen/Adult 5:30-6:15 PM	TEEN ADULT & SONGIN 5:30-6:30 PM	Ages 7-11 5:30-6:30 PM
6:30			See Online Calendar for dates / www.manna.us IN HOME ONLY		
7:00	AEROBIC & BAG KICKBOXING TEEN ADULT 7PM - 8:15PM	AEROBIC & BAG KICKBOXING TEEN ADULT 7PM - 8PM ONLY IN HOME	TEEN ADULT 7PM - 8:15PM	AEROBIC & BAG KICKBOXING TEEN ADULT 7PM - 8PM ONLY IN HOME	BLACK BELT & KO DAN JA 6 PM - 7:30 PM
8:00	SONGIN Min. Age 30 7PM - 8:15PM		SONGIN Min. Age 30 7PM - 8:15PM		Pickup after Class

**MANNNA'S HAS A SOLUTION**  
Virtual Learning Academy  
All Day, or A/B Schedule  
or After School Program  
**4 Choices for you!**



[www.manna.us/afterschool.html](http://www.manna.us/afterschool.html)

**ALL DAY AT MANNNA'S Virtual Learning Academy** *Space is Limited*

Drop off as early as 7:00 AM - Pick up as late as 5:00 PM (School Ending @ 6:00 AM or 5:00 PM)

Bring your own Learning Station

Includes: Martial Arts Class, Play Time and Socialization

Classroom and Computer

Licensed CA School Age from pre-K to 2015

6:00 PM - 9:00 PM (12-18 Only Member)

**TRADITIONAL AFTER SCHOOL AFTERNOON DROP OFF** *Space is Limited*

Bring your child to the Studio

Drop off at 3:00 PM - Pick up at 4:00 PM

Includes: Martial Arts Class, Play Time, Snacks

Facilities

Licensed CA School Age from pre-K to 2015

6:00 PM - 9:00 PM (12-18 Only Member)

**OPEN DOOR**  
문호 개방  
2PM TO 4PM

Details at: [www.manna.us/grandmaster\\_open.html](http://www.manna.us/grandmaster_open.html)  
Check the on line calendar: Saturday

Give your training a boost!

## PRIVATE CLASSES

Private classes can be scheduled throughout the week based on availability by you & the Instructor. Grandmaster, Master and Instructors available. In studio or by Zoom

## CLASS POLICIES FOR ALL MEMBERS

All Must wear a mask entering and exiting the training areas, have it with you at all times.

All Classes will be broadcast and available on demand for minimum of seven (7) days.

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

Dragon Floor: Due to current safety restrictions 12 participant maximum.

Dressing/Changing Rooms are not available for use. For use by VLA/MASP attendees only.

MANNNA'S does not lend or is not responsible for member's uniforms or equipment.

Studio and Sparring Rules are located in the your Manna's Student Manual.

MONTHLY BLACK BELT PARTY  
3RD FRIDAY -  
VIDEO FOOD  
8 PM TO 9:30 PM

BLACK BELT PARTY  
CURRENTLY SUSPENDED



AGES 3, & 4  
30 Minutes



\*AGES 5, 6  
60 Minutes



\*AGES 7 - 11  
60 Minutes



\*TEEN/ADULT  
AGES 12-29



\*SONGIN ADULT  
MIN. AGE 30



TEEN/ADULT  
60 Minutes



TEEN/ADULT  
ONLY  
60 Minutes

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