



MANNA'S CLASS SCHEDULE



ZOOM SCHEDULE PER 07/13/2020 PER CA STATE REQUIREMENTS

	MONDAY TIGER DRAGON OPEN AT 7 AM	TUESDAY TIGER DRAGON OPEN AT 7 AM	WEDNESDAY TIGER DRAGON OPEN AT 7 AM	THURSDAY TIGER DRAGON OPEN AT 7 AM	FRIDAY TIGER DRAGON OPEN AT 7 AM
AM					
10:00	Summer Camp 10AM to 11AM		Summer Camp 10AM to 11AM		Summer Camp 10AM to 11AM
11:00					
PM	SUMMER, SCHOOL BREAKS AND MANY OF THE HOLIDAYS MANNA'S OPENS AT 7 AM FOR SUMMER CAMPS, SPRING BREAK CAMP AND OUR SCHOOL AGE CALIFORNIA LICENSED SCHOOL AGE DAY CARE.				
3:00					
3:30					
4:00	12 Student Max Ages 7-11 4 - 5PM Ages 5 & 6 4 - 5PM		12 Student Max Ages 7-11 4 - 5PM Ages 5 & 6 4 - 5PM		12 Student Max Ages 7-11 4 - 5PM Ages 5 & 6 4 - 5PM
5:00					
5:30	TEEN, ADULT & SONGIN 5:30-6:30 PM	TEEN, ADULT & SONGIN 5:30-6:30 PM	Life Skills Youth 5 - 5:45 PM Teen/Adult 5:45 - 6:40 PM See Online Calendar for dates	TEEN, ADULT & SONGIN 5:30-6:30 PM	
6:30					
7:00	TEEN, ADULT 7 PM - 8PM Min. Age 30 7PM - 8PM	AEROBIC & BAG KICKBOXING TEEN, ADULT 7 PM - 8PM	TEEN, ADULT 7 PM - 8PM Min. Age 30 7PM - 8PM	AEROBIC & BAG KICKBOXING TEEN, ADULT 7 PM - 8PM	BLACK BELT & KO DAN JA 6 PM - 8 PM
8:00					

All participants must be in uniform!



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

with AEROBIC
KICKBOXING



KICKBOXING
60 Minutes

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