



MANNA'S CLASS SCHEDULE

PUBLISHED FOR USE BY MEMBERS - 2009

AM	MONDAY TIGER DRAGON	TUESDAY TIGER DRAGON	WEDNESDAY TIGER DRAGON	THURSDAY TIGER DRAGON	FRIDAY TIGER DRAGON	SATURDAY TIGER DRAGON MMA OPENS AT 8:30AM
	SUMMER, SCHOOL BREAKS AND MANY OF THE HOLIDAYS MANNA'S OPENS AT 6:30AM FOR SUMMER CAMPS, SPRING BREAK CAMP AND OUR SCHOOL AGE CALIFORNIA LICENSED SCHOOL AGE DAYCARE EVENTS.					
NOON	MANNA'S OPENS AT NOON					
3:30	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	
4:00	Ages 7-12	Ages 7-12	Ages 7-12	Ages 7-12	Ages 7-12	Ages 7, 8, 9
5:00	Ages 5 & 6	Ages 5 & 6	Ages 5 & 6	Ages 5 & 6	Ages 5 & 6	Ages 5 & 6
6:00	Ages 7-12 5-6:30PM	TEEN, ADULT & SONGIN 5-6:30PM	Ages 7-12 5-6:30PM	TEEN, ADULT & SONGIN 5-6:30PM	Ages 7-12 5-6:30PM	TEEN, ADULT & SONGIN 5-6:30PM
6:30	SONGIN Min. Age 30	Ages 12-29	SONGIN Min. Age 30	Ages 12-29	SONGIN Min. Age 30	Ages 12-29
7:00	SONGIN Min. Age 30	Ages 12-29	SONGIN Min. Age 30	Ages 12-29	SONGIN Min. Age 30	Ages 12-29
7:30	SONGIN Min. Age 30	Ages 12-29	SONGIN Min. Age 30	Ages 12-29	SONGIN Min. Age 30	Ages 12-29
8:00		Class Room Min. Age 16 ADULT/TEEN INSTRUCTOR TRAINING 6:30-8PM	Class Room Min. Age 16 CHILD/TEEN INSTRUCTOR TRAINING 6:30-7:30PM	SONGIN Min. Age 30	Ages 12-29	SONGIN Min. Age 30
8:30				SENIOR DAN TRAINING 6:30-8PM	Drop off by 6:30PM WARM UP BEFORE BLACK BELT & KO DAN JA 7PM - 8:45 PM	
					COOL DOWN AFTER Pickup after 8:45PM	
					MONTHLY BLACK BELT PARTY 3RD FRIDAY - VIDEO & FOOD 9PM TO 10:30PM	
						TEEN, ADULT & SONGIN 10AM-11:30
						OPEN FLOOR
						SONGIN Min. Age 30 11:30-1PM
						Ages 7, 8, 9 11:30-12:30PM
						MONTHLY WEAPONS WORKSHOP

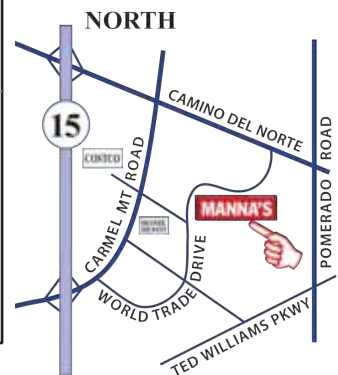
CLASS POLICIES FOR ALL MEMBERS

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

Early Departure: Notify Instructor prior to class or request at front desk.

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

Studio and Sparring Rules are located in the your *Student Handbook*.



AGES 3, & 4
30 Minutes



AGES 5 & 6
55 Minutes



AGES 7 - 12
60-90 Minutes



TEEN/ADULT
AGES 13-29



SONGIN ADULT
MIN. AGE 30



CHILD/ADULT
60/90 Minutes

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