



MANNA'S CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	TIGER DRAGON	TIGER DRAGON	TIGER DRAGON	TIGER DRAGON	TIGER DRAGON	TIGER DRAGON
	SUMMER, SCHOOL BREAKS AND MANY OF THE HOLIDAYS MANNA'S OPENS AT 6:30 AM FOR SUMMER CAMPS, SPRING BREAK CAMP AND OUR SCHOOL AGE CALIFORNIA LICENSED SCHOOL AGE DAY CARE.					
NOON	RE-OPEN AT NOON	RE-OPEN AT NOON	RE-OPEN AT NOON	RE-OPEN AT NOON	RE-OPEN AT NOON	
3:30	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	
4:00						
5:00	Ages 7-11 4 - 5:15 PM	Ages 5 & 6	Ages 7-11 4 - 5:15 PM	Ages 5 & 6	Ages 7-11 4 - 5:15 PM	Ages 5 & 6 10: to 11:AM
5:15	Ages 7-11 5:15-6:30 PM	TEEN ADULT & SONGIN 5:15-6:30 PM	Ages 7-11 5:15-6:30 PM	ADULT/TEEN 5:15-6:25 PM	Ages 7-11 5:15-6:30 PM	TEEN, ADULT & SONGIN NOON to 1:30
6:30	Ages 7-11 5:15-6:30 PM	TEEN ADULT & SONGIN 5:15-6:30 PM	Ages 7-11 5:15-6:30 PM	Private Class	Ages 7-11 5:15-6:30 PM	Private Class Master Brandt
7:00	SONGIN Min. Age 30 6:30-8 PM	TEEN ADULT & SONGIN 6:30-8 PM	SONGIN Min. Age 30 6:30-8 PM	Private Class	TEEN ADULT & SONGIN 5:15-6:30 PM	Private Class Master Brandt
8:00		with AEROBIC KICKBOXING TEEN, ADULT 7-8 PM		with AEROBIC KICKBOXING TEEN, ADULT 7-8 PM	Drop off by 6:30PM WARM UP BEFORE	Private Class Grandmaster
						Private Class Grandmaster
					BLACK BELT & KO DAN JA 7 PM - 8:45 PM	Private Class Grandmaster
					COOL DOWN AFTER Pickup 9 PM to 9:30 PM	Private Class Grandmaster
					MONTHLY BLACK BELT PARTY 3RD FRIDAY - VIDEO & FOOD 9 PM TO 10:30 PM	Private Class Grandmaster

CLASS POLICIES FOR ALL MEMBERS

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

Early Departure: Fill out Early Departure Form at the reception counter.

MANNA'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 Handbook*.

Give your training a boost!

PRIVATE CLASSES

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



AGES 3, & 4
30 Minutes



AGES 5 & 6
55 Minutes



AGES 7 - 11
75 Minutes



TEEN/ADULT
AGES 12-29



SONGIN ADULT
MIN. AGE 30



CHILD/ADULT
60/90 Minutes

with AEROBIC
KICKBOXING



KICKBOXING
60 Minutes

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