



# MANNA'S CLASS SCHEDULE

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



## In School And Zoom 2021 Schedule

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

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

## MANNA'S HAS A SOLUTION

School Day Programs 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)

## CLASS POLICIES FOR ALL MEMBERS

- All Must wear a mask entering, during occupancy and exiting our school.
- Our school meets or exceeds all current safety requirements.
- All Classes will be broadcast and available on demand for minimum of seven (7) days. Never miss a class!
- 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.
- 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.

**Virtual Learning Academy THE DAY AT MANNA'S**  
Drop off as early as 7:30AM  
School Online 8:30AM to 2:30PM  
(Bring your own learning device)  
We are here to assist  
Bring your lunch  
Martial Arts Class  
Play Time  
Socialization  
Homework Time  
Chess/Crafts

Contact us for additional information.

**Virtual Learning Academy MANNA'S VAN PICKUP**  
You take your child to their school  
We will pick you up and bring to Manna's  
Bring your lunch  
A Schoolwork Time  
(Bring your own learning device)  
Martial Arts Class  
Play Time  
Socialization  
Chess/Crafts

Contact us for additional information.

**Virtual Learning Academy VAN DROP OFF & PICKUP**  
Drop off as early as 7:30AM  
Bring your lunch  
We will take you to your school then pick you up and bring you to Manna's  
Schoolwork Time  
(Bring your own learning device)  
Martial Arts Class  
Play Time  
Socialization

Contact us for additional information.

**Manna's After School Program AFTERNOON PICKUP**  
We will pick you up at your school and bring to Manna's at the end of your school day time or drop off starting at 2:15PM.  
Schoolwork Time  
(Bring your own learning device)  
Martial Arts Class  
Play Time  
Socialization  
Chess/Crafts

Contact us for additional information.



AGES 3, & 4\*  
30 Minutes



\*AGES 5, 6\*  
60 Minutes



AGES 7 - 12\*  
60 Minutes



TEEN/ADULT\*  
AGES 12-29



SONGIN ADULT\*  
MIN. AGE 30



TEEN/ADULT  
45 Minutes



ONLY  
60 Minutes

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