



# MANNA'S CLASS SCHEDULE

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



## In School and Zoom 2021 Schedule

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

## Be your Best! PRIVATE CLASSES

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

## MANNA'S HAS A SOLUTION

Virtual Learning Academy All Day, or A/B Schedule or After School Program  
The choices is yours!

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

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

Groups of as early as 7:00AM - pickup by 4PM  
School Closure 8:30AM to 2:30PM  
Bring your own learning device  
Bring your family  
Includes Martial Arts Class  
Play Time and Socialization  
Homework Time  
Learned CA School Age Program since 2015  
\$360 PER WEEK (\$120 Active Member)

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

Bring your child to school  
End of school day time - After 2:30PM  
Pick up by 4PM  
Bring your own learning device if needed  
Includes Martial Arts Class  
Play Time, Socialization  
Learned CA School Age Program since 2015  
\$160 PER WEEK (\$120 Active Member)

## CLASS POLICIES FOR ALL MEMBERS

All Must wear a mask entering, during occupancy, and exiting our school.  
Our School meets or exceeds all current county safety requirements.

All Classes will be broadcast and available on demand for up to seven (7) days. Never miss a class!

Try to arrive prior to class start. Late arrivals will 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 unless you are an active VLA/MASP attendee.

MANNA'S does not lend or is not responsible for any property, uniforms or equipment.

School and Sparring Rules are located in the your down loadable *Manna's Student Manual*.



AGES 3, & 4  
30 Minutes



\*AGES 5, 6  
60 Minutes



\*AGES 7 - 12  
60 Minutes



\*TEEN/ADULT  
AGES 13-29



\*SONGIN ADULT  
MIN. AGE 30



TEEN/ADULT  
45 Minutes



zoom ONLY  
60 Minutes

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