



MANNA'S CLASS SCHEDULE

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



PLEASE ARRIVE PRIOR TO THE START OF CLASS

2024/2025 - Academic School Year

No Zoom Broadcast on Saturdays

	MONDAY TIGER DRAGON	TUESDAY TIGER DRAGON	WEDNESDAY TIGER DRAGON	THURSDAY TIGER DRAGON	FRIDAY TIGER DRAGON	SATURDAY TIGER DRAGON
9:00						AEROBIC & BAG KICKBOXING TEEN, ADULT 9 AM - 10AM PRIVATE CLASSES TIMES
10:00						
10:30	Ages 7-12 2:30 - 3:30PM		Ages 7-12 2:30 - 3:30PM	Ages 5 & 6 2:30 - 3:30PM	Ages 7-12 2:30 - 3:30PM	Ages 7-12 10:30 - 11:30 Instructor may adjust class
11:30						
Noon						COMPETE BE EARLY BE READY PRIVATE CLASSES TIMES
1:30	Ages 7-12 5:30 to 6:30pm Green-Blue-Red	Ages 7-12 5:30 to 6:30pm White-Orange	Ages 7-12 5:30 to 6:30pm ALL RANKS	Ages 7-12 5:30 to 6:30pm Green-Blue-Red	Ages 7-12 5:30 to 6:30pm ALL RANKS	Leadership & Instructors Training held once a month check dates at www.manna.us
3:00	TEEN, ADULT & SONGIN 5:30-6:45 PM	TEEN, ADULT & SONGIN 5:30-6:45 PM	TEEN, ADULT & SONGIN 5:30-6:45 PM	TEEN, ADULT & SONGIN 5:30-6:45 PM	TEEN, ADULT & SONGIN 5:30-6:30 PM	Teen/Adult 1:30- 3 PM Min. Age 13 School closes after last event
6:30						
6:45						
7:00	TEEN, ADULT 7PM - 8:15PM	TEEN, ADULT 7 PM - 8PM	TEEN, ADULT 7PM - 8:15PM	TEEN, ADULT 7 PM - 8PM	TEEN, ADULT 7 PM - 8PM	
8:00						
8:15						

Warm up begins at 6:30 PM

BLACK BELT & KO DAN JA
7 PM - 9+ PM
Pickup begins at 9:30 PM

3rd Friday Night
Class 7 PM to 9 PM
Black Belt party ends 10:30 PM
KoDanJa class 8:30- 9:30 PM

Give your training a boost!

PRIVATE CLASSES

are scheduled throughout the week based on Instructor availability.
www.manna.us/sale/privateclass.html



CLASS POLICIES FOR ALL MEMBERS

- Our school meets or exceeds all current safety requirements.
- Most classes broad casted (not Saturdays) and available on demand for up to six (6) days.
- Late Arrivals: Bow to Instructor and take next open position (junior spot).
- Dressing/Changing Rooms are for use by MASP & Summer Camp attendees only.
- All female participants must wear shirt under uniform top, male participants will not wear shirt under uniform.
- 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.
- Please check schedule for Rank Specific classes above: ONLY ○ ● ● ● ONLY ● ● ● ●
- ON TIME** Saturday Teen, Adult, Songin class is directed at high performance training, **NO** late entry.

AGES 3, & 4* 30 Minutes	*AGES 5, 6* 60 Minutes	AGES 7 - 12* 60-75 Minutes	TEEN/ADULT* AGES 13-29	SONGIN ADULT* MIN. AGE 30	LIFE SKILLS YOUTH LEADERSHIP	ONLY 60 Minutes

MANNA'S, 12285 World Trade Drive, Suite B, San Diego CA 92128 - (858) 487-6470 - www.manna.us - office@manna.us