



# EMA CLASS SCHEDULE

new schedule as of  
Monday 10/1/2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
<b>RANK DAYS</b>		<b>PROGRAM DAYS</b>		<b>SPECIALTY DAYS</b>	
	<b>HIIT&amp;RUN STRONGER (AM)</b>	<b>RAPTOR</b> 5-5:30	<b>RAPTOR</b> 4:30-5	<b>KALI</b> 4:30-4:50 BBC Only	
<b>RAPTOR</b> 5-5:30	<b>RAPTOR</b> 4:30-5	<b>BASIC</b> 5:30-6:10 7 & Under	<b>BASIC</b> 5-5:40 7 & Under	<b>SPARRING</b> 4:50-5:20 BBC Only	<b>ALL BELTS</b> 10:20-11 am
<b>BEGINNERS white-org str</b> 5:30-6	<b>ADVANCED 2 red-poom</b> 5-5:40	<b>BASIC</b> 6:10-6:50 8 & Up	<b>BASIC</b> 5:40-6:20 8 & Up	<b>DEMO TEAM</b> 5:20-6	<b>BOOT CAMP</b> Adults & Teens 11-12 pm
<b>INTERM - ADVANCED 1 org-red str</b> 6-6:40	<b>INTERM - ADVANCED 1 org-red str</b> 5:40-6:20	BBC: Kali 6:50-7:10 TKD 7:10-7:40	BBC: Kali 6:20-6:40 TKD 6:40-7:10	<b>HIIT&amp;RUN</b> 6 pm	
<b>HIIT&amp;RUN STRONGER</b> 6:40 pm	<b>BEGINNERS white-org str</b> 6:20-6:50	<b>Advanced 2 red-poom</b> 7:40-8:20	<b>BLACK BELTS</b> 7:10-7:50	<b>BIRTHDAY PARTIES</b> Starting @ \$285	
	<b>Black Belts</b> 6:50-7:30				
	<b>Adults &amp; Teens</b> 7:30-8:10		<b>Private Lessons:</b>	<b>Master Hong @ \$4/min Mr. Rodriguez @ \$2/min</b>	

YOUTH	CHILDREN	TEENS	ADULTS	SPECIALTY	
<b>RAPTORS</b> 4-5 year olds	<b>BASIC</b> Trial program for students not enrolled in Black Belt Club	<b>BASIC</b> Trial program for students not enrolled in Black Belt Club	<b>TAE KWON DO</b>	<b>HIIT&amp;RUN</b> 8-week practical self-defense system for women hiitandrun.org	
<b>HAWKS</b> 5-6 year olds Graduates of our Raptor Program enrolled either in Basic or Black Belt Club.	<b>BLACK BELT CLUB (BBC)</b> Three year program with additional training in weapons, self-defense and sparring for dedicated students. By invitation only.	<b>BLACK BELTS</b> Black Belts and higher rank students.		<b>WOMEN'S SELF-DEFENSE</b>	<b>KALI / KRAV MAGA</b>
	<b>DEMO TEAM</b> A select group of Black Belt Club Students that specializes in weapon training and performing.	<b>ADULTS &amp; TEENS</b>		<b>KALI / KRAV MAGA</b>	<b>MA BOOT CAMP</b>

Instructors: Master Joshua Hong-6th Dan, Mr. Walter Rodriguez-3rd Dan and Dr. Katarina Conrad-1st Dan

Ask us how you can earn **ONE YEAR FREE** Membership!

10223 Broadway St, Suite N. Pearland, TX 77584. Between Papa John's Pizza and Subway, near Chik-Fil-A.

Like us on Facebook at /EternalMartialArts for updates, events and special offers

For more info call (or text) 713.436.4911. Visit our web at [www.eternalma.com](http://www.eternalma.com). Email us at [frontdesk@eternalma.com](mailto:frontdesk@eternalma.com)

