

# SCHEDULE OF CLASSES

*Setting A Higher Standard*

**ELITE M.A. CENTER**

9568 Old Keene Mill Road, Burke VA 22015 703.372.5877



## EMA Burke

### Effective 8/24/26

Monday Tuesday Wednesday Thursday Friday Saturday

| TKD Class Focus:                                               | Basics & Forms  | Basics & Forms  | Self-defense / Sparring | Self-defense / Sparring | Mixed Curriculum | Mixed Curriculum  |
|----------------------------------------------------------------|-----------------|-----------------|-------------------------|-------------------------|------------------|-------------------|
| TKD Children<br>No Belt to Yellow w/ Stripe<br>(6-12 yrs old)  | 6:10pm - 7:00pm | 5:25pm - 6:10pm | 6:10pm - 7:00pm         | 5:25pm - 6:10pm         | 5:30pm - 6:20pm  | 10:10am - 11:00am |
| TKD Family<br>No Belt to Yellow w/ Stripe<br>(6 & Up)          | 6:10pm - 7:00pm | 6:15pm - 7:05pm | 6:10pm - 7:00pm         | 6:15pm - 7:05pm         | 5:30pm - 6:20pm  | 10:10am - 11:00am |
| TKD Children<br>Green Belt to Blue w/ Stripe<br>(6-12 yrs old) | 6:10pm - 7:00pm | 5:25pm - 6:10pm | 6:10pm - 7:00pm         | 5:25pm - 6:10pm         | 5:30pm - 6:20pm  | 10:10am - 11:00am |
| TKD Family<br>Green Belt to Blue w/ Stripe<br>(6 & Up)         | 7:10pm - 8:00pm | 6:15pm - 7:05pm | 7:10pm - 8:00pm         | 6:15pm - 7:05pm         | 5:30pm - 6:20pm  | 10:10am - 11:00am |
| TKD Children<br>Brown Belt on Up<br>(6-12 yrs old)             | 7:10pm - 8:00pm | 6:15pm - 7:05pm | 7:10pm - 8:00pm         | 6:15pm - 7:05pm         | 5:30pm - 6:20pm  | 10:10am - 11:00am |
| TKD Family<br>Brown Belt on Up<br>(6 & Up)                     | 7:10pm - 8:00pm | 7:10pm - 8:00pm | 7:10pm - 8:00pm         | 7:10pm - 8:00pm         | 5:30pm - 6:20pm  | 10:10am - 11:00am |
| Tigers TKD<br>Children<br>(4, 5 & 6 yrs old)                   | 5:25pm - 6:00pm |                 | 5:25pm - 6:00pm         |                         |                  | 9:30am - 10:05am  |
| TKD Red &<br>Black Belts Class<br>All ages                     |                 |                 |                         |                         |                  | 11:10am - 12:10pm |

Your First Class: Mon / Tues / Wed / Thurs / Fri / Sat \_\_\_\_ / \_\_\_\_ / \_\_\_\_ at: \_\_\_\_

Please call **703-372-5877** if you need to re-schedule your first class.



**Additional locations in Springfield, Fairfax & Kingstowne**

**We offer an After-School Program w/ Transportation Provided**



**Now Enrolling:**

## After-school Program

- **Transportation provided**
- **Daily TKD lessons**
- **Daily games & sports**
- **Fun-filled activities**
- **Public & private schools**
- **Free extended days & teacher workdays**



**\$180 One Month Trial\***  
with Free Uniform

*Up to 3 Classes a Week for TKD. Up to 2 Classes a Week for Tigers TKD*

- Improve Flexibility, Strength, & Coordination
- Learn Self-Defense
- Gain better Self-Discipline & Self-Control
- Strengthen Mind, Body and Overall Health

\* Offer limited to new students only. Tae Kwon Do programs only. Does not apply to camps or other programs.

**For News and Current Event Updates**  
visit us at **[www.Emacenter.com](http://www.Emacenter.com)**