



Effective 1/25/2021

SCHEDULE OF CLASSES

Setting A Higher Standard
ELITE M.A. CENTER
 9568 Old Keene Mill Road, Burke, VA 22015 703.372.5877

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

In Person Classes

TKD Class Focus:	Basics & Forms	Basics & Forms	Self-defense / Sparring	Self-defense / Sparring	Mixed Curriculum	Mixed Curriculum
TKD Children No Belt to Yellow w/ Stripe (6-12 yrs old)	<u>6:10pm - 6:50pm</u>	<u>5:30pm - 6:10pm</u>	<u>6:10pm - 6:50pm</u>	<u>5:30pm - 6:10pm</u>		<u>10:10am - 10:50am</u>
TKD Family No Belt to Yellow w/ Stripe (6 & Up)	<u>6:10pm - 6:50pm</u>	<u>7:10pm - 7:50pm</u>	<u>6:10pm - 6:50pm</u>	<u>7:10pm - 7:50pm</u>		<u>10:10am - 10:50am</u>
TKD Children Green Belt to Blue w/ Stripe (6-12 yrs old)	<u>7:00pm - 7:40pm</u>	<u>6:20pm - 7:00pm</u>	<u>7:00pm - 7:40pm</u>	<u>6:20pm - 7:00pm</u>		<u>11:00am - 11:40am</u>
TKD Family Green Belt to Blue w/ Stripe (6 & Up)	<u>7:00pm - 7:40pm</u>	<u>6:20pm - 7:00pm</u>	<u>7:00pm - 7:40pm</u>	<u>6:20pm - 7:00pm</u>		<u>11:00am - 11:40am</u>
TKD Children Brown Belt on Up (6-12 yrs old)		<u>7:10pm - 7:50pm</u>		<u>7:10pm - 7:50pm</u>		<u>11:00am - 11:40am</u>
TKD Family Brown Belt on Up (6 & Up)	<u>7:00pm - 7:40pm</u>	<u>7:10pm - 7:50pm</u>	<u>7:00pm - 7:40pm</u>	<u>7:10pm - 7:50pm</u>		<u>11:00am - 11:40am</u>
Tigers TKD Children (4, 5 & 6 yrs old)	<u>5:30pm - 6:00pm</u>		<u>5:30pm - 6:00pm</u>			<u>9:30am-10:00am</u>

Online Classes Effective 1/25/2021

Monday

Tuesday

Wednesday

Thursday

Friday

Virtual Semi Private
 Tigers TKD
 4:45pm - 5:10pm

Virtual Semi Private
 No Belt - Yellow Stripe
 4:45pm - 5:20pm

Virtual Semi Private
 Tigers TKD
 4:45pm - 5:10pm

Virtual Semi Private
 No Belt - Yellow Stripe
 4:45pm - 5:20pm

Virtual Semi Private
 No Belt - Yellow Stripe
 5:00pm - 5:30pm

Virtual Semi Private
 White Belt & Up
 5:20pm - 5:55pm

Virtual Semi Private
 Green Belt & Up
 5:30pm - 6:05pm

Virtual Semi Private
 White Belt & Up
 5:20pm - 5:55pm

Virtual Semi Private
 Green Belt & Up
 5:30pm - 6:05pm

Virtual Semi Private
 Green Belt through
 Blue Stripe
 5:40pm - 6:10pm

Virtual Semi Private
 Brown Belt & Up
 6:20pm - 6:50pm

Ask about our After-School Program!



\$150 One Month Trial* with Free Uniform

(Up to 3 Classes a Week for TKD. Up to 2 Classes a Week for Tigers TKD)

Train In Person or Virtually Online

* Offer limited to new students only. Taekwondo programs only. Does not apply to camps or other programs.

Join our exclusive training group on Facebook. Our group is named "EMA TKD Private Training Group" <https://www.facebook.com/groups/EMAPrivateTraining/>

For News and Current Event Updates
 visit us at www.Emacenter.com

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

Ask about our **REFERRAL PROGRAM...**

Additional locations in Springfield, Fairfax & Kingstowne

EMA Burke