



# 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 1/1/25

## Monday Tuesday Wednesday Thursday Friday Saturday

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

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



### \$175 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)

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