



# 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 6/17/24

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><br>No Belt to Yellow w/ Stripe<br>(6-12 yrs old)  | <u>6:00pm - 6:50pm</u> | <u>5:00pm - 5:50pm</u> | <u>6:00pm - 6:50pm</u>  | <u>5:00pm - 5:50pm</u>  | <u>5:30pm - 6:20pm</u> | <u>10:10am - 11:00am</u> |
| <b>TKD Family</b><br>No Belt to Yellow w/ Stripe<br>(6 & Up)          | <u>6:00pm - 6:50pm</u> | <u>6:00pm - 6:50pm</u> | <u>6:00pm - 6:50pm</u>  | <u>6:00pm - 6:50pm</u>  | <u>5:30pm - 6:20pm</u> | <u>10:10am - 11:00am</u> |
| <b>TKD Children</b><br>Green Belt to Blue w/ Stripe<br>(6-12 yrs old) | <u>6:00pm - 6:50pm</u> | <u>5:00pm - 5:50pm</u> | <u>6:00pm - 6:50pm</u>  | <u>5:00pm - 5:50pm</u>  | <u>5:30pm - 6:20pm</u> | <u>10:10am - 11:00am</u> |
| <b>TKD Family</b><br>Green Belt to Blue w/ Stripe<br>(6 & Up)         | <u>7:00pm - 7:50pm</u> | <u>6:00pm - 6:50pm</u> | <u>7:00pm - 7:50pm</u>  | <u>6:00pm - 6:50pm</u>  | <u>5:30pm - 6:20pm</u> | <u>10:10am - 11:00am</u> |
| <b>TKD Children</b><br>Brown Belt on Up<br>(6-12 yrs old)             |                        | <u>7:00pm - 7:50pm</u> |                         | <u>7:00pm - 7:50pm</u>  | <u>5:30pm - 6:20pm</u> | <u>11:10am - 12:00pm</u> |
| <b>TKD Family</b><br>Brown Belt on Up<br>(6 & Up)                     | <u>7:00pm - 7:50pm</u> | <u>7:00pm - 7:50pm</u> | <u>7:00pm - 7:50pm</u>  | <u>7:00pm - 7:50pm</u>  | <u>5:30pm - 6:20pm</u> | <u>11:10am - 12:00pm</u> |
| <b>Tigers TKD Children</b><br>(4, 5 & 6 yrs old)                      | <u>5:15pm - 5:50pm</u> |                        | <u>5:15pm - 5:50pm</u>  |                         |                        | <u>9:30am - 10:05am</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 and 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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