



SCHEDULE OF CLASSES

EMA Burke

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

Effective 6/16/25

	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 No Belt to Yellow w/ Stripe (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>10:45am - 11:35am</u>
TKD Family No Belt to Yellow w/ Stripe (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>10:45am - 11:35am</u>
TKD Children Green Belt to Blue w/ Stripe (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>10:45am - 11:35am</u>
TKD Family Green Belt to Blue w/ Stripe (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>10:45am - 11:35am</u>
TKD Children Brown Belt on Up (6-12 yrs old)		<u>6:00pm - 6:50pm</u>		<u>6:00pm - 6:50pm</u>	<u>5:30pm - 6:20pm</u>	<u>10:45am - 11:35am</u>
TKD Family Brown Belt on Up (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>10:45am - 11:35am</u>
Tigers TKD Children (4, 5 & 6 yrs old)	<u>5:15pm - 5:50pm</u>		<u>5:15pm - 5:50pm</u>			<u>10:00am - 10:35am</u>
TKD Sport Sparring Class Green Belt on Up						(on hiatus for the summer)

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**

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