



SCHEDULE OF CLASSES

Setting A Higher Standard

ELITE M.A. CENTER

6457 Old Beulah Street, Alexandria, VA 22315 703.971.8560

EMA Kingstowne Effective 8/22/2022

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>6:10pm - 7:00pm</u>	<u>5:25pm - 6:10pm</u>	<u>6:10pm - 7:00pm</u>	<u>5:25pm - 6:10pm</u>	<u>5:40pm - 6:30pm</u>	<u>10:10am - 11:00am</u>
TKD Family No Belt to Yellow 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>5:40pm - 6:30pm</u>	<u>10:10am - 11:00am</u>
TKD Children Green Belt to Blue w/ Stripe (6-12 yrs old)	<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>5:40pm - 6:30pm</u>	<u>11:10am - 12:00pm</u>
TKD Family Green Belt to Blue w/ Stripe (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>5:40pm - 6:30pm</u>	<u>11:10am - 12:00pm</u>
TKD Children Brown Belt on Up (6-12 yrs old)	<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>5:40pm - 6:30pm</u>	<u>11:10am - 12:00pm</u>
TKD Family 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>5:40pm - 6:30pm</u>	<u>11:10am - 12:00pm</u>
Tigers TKD Children (4, 5 & 6 yrs old)	<u>5:25pm - 6:00pm</u>		<u>5:25pm - 6:00pm</u>		<u>5:00pm - 5:35pm</u>	<u>9:30am - 10:05am</u>

Your First Class: Mon / Tues / Wed / Thurs / Fri / Sat ____/____/____ at: _____

Please call **703-971-8560** if you need to re-schedule your first class.



Additional locations in Springfield, Burke & Fairfax

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



\$160 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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