



SCHEDULE OF CLASSES

Kingstowne/Alexandria

ELITE M.A. CENTER

6457 Old Beulah Street, Alexandria, VA 22315 703.971.8560

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TKD Class Focus:	Basics	Basics	Forms / Sparring	Forms / Sparring	Mixed Curriculum	Mixed Curriculum
We offer: an After-school Program w/ Transportation Transportation Provided. Daily Tae Kwon Do Class. Group Games & Sports. Time for Homework. M-F, until 6:15pm.						
TKD Children No Belt to Yellow w/ Stripes (6-12 yrs old)	6:10pm - 6:55pm	7:00pm-7:50pm	6:10pm - 6:55pm	7:00pm-7:50pm		Ask about our Birthday Parties
TKD Children Green Belt on Up (6-12 yrs old)	7:00pm - 7:50pm	5:25pm - 6:10pm	7:00pm - 7:50pm	5:25pm - 6:10pm		
TKD Family No Belt to Yellow w/ Stripes (6 & Up)	7:55pm - 8:45pm	7:00pm-7:50pm	7:55pm - 8:45pm	7:00pm-7:50pm	6:10pm - 7:00pm	10:10am-11:00am
TKD Family Green Belt on Up (6 & Up)	7:55pm - 8:45pm	7:55pm - 8:45pm	7:55pm - 8:45pm	7:55pm - 8:45pm		11:10am-12:00pm
TKD Adult & Teen All Belts (13 & Up)		7:55pm - 8:45pm		7:55pm - 8:45pm	6:10pm - 7:00pm	
Tigers TKD Children (4, 5 & 6 yrs old)	5:25pm - 6:00pm	6:15pm - 6:50pm	5:25pm - 6:00pm	6:15pm - 6:50pm	5:25pm-6:00pm	9:30am - 10:05am

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

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

Now Enrolling:

After-school Program

- Transportation provided
- Daily TKD lessons
- Daily games & sports
- Fun-filled activities
- Public & private schools
- Free extended days & teacher workdays



\$150 Trial Course*

with Free Uniform

One Month

(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.

Ask about our REFERRAL PROGRAM...
Additional locations in Springfield, Burke, & Fairfax

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