



SCHEDULE OF CLASSES

Setting A Higher Standard

ELITE M.A. CENTER

6457 Old Beulah Street, Alexandria, VA 22315 703.971.8560

EMA Kingstowne

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
TKD Children No Belt to Yellow w/ Stripe (6-12 yrs old)	6:00pm - 6:50pm	5:00pm - 5:50pm	6:00pm - 6:50pm	5:00pm - 5:50pm	5:40pm - 6:30pm	10:10am - 11:00am
TKD Family No Belt to Yellow w/ Stripe (6 & Up)	7:00pm - 7:50pm	6:00pm - 6:50pm	7:00pm - 7:50pm	6:00pm - 6:50pm	5:40pm - 6:30pm	10:10am - 11:00am
TKD Children Green Belt to Blue w/ Stripe (6-12 yrs old)	6:00pm - 6:50pm	6:00pm - 6:50pm	6:00pm - 6:50pm	6:00pm - 6:50pm	5:40pm - 6:30pm	11:10am - 12:00pm
TKD Family Green Belt to Blue w/ Stripe (6 & Up)	7:00pm - 7:50pm	7:00pm - 7:50pm	7:00pm - 7:50pm	7:00pm - 7:50pm	5:40pm - 6:30pm	11:10am - 12:00pm
TKD Children Brown Belt on Up (6-12 yrs old)	7:00pm - 7:50pm	7:00pm - 7:50pm	7:00pm - 7:50pm	7:00pm - 7:50pm		11:10am - 12:00pm
TKD Family Brown Belt on Up (6 & Up)	7:00pm - 7:50pm	7:00pm - 7:50pm	7:00pm - 7:50pm	7:00pm - 7:50pm	5:40pm - 6:30pm	11:10am - 12:00pm
Tigers TKD Children (4, 5 & 6 yrs old)	5:15pm - 5:50pm		5:15pm - 5:50pm		5:00pm - 5:35pm	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.



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
- 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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