

# SCHEDULE OF CLASSES

Setting A Higher Standard

ELITE M.A. CENTER

6457 Old Beulah Street, Alexandria, VA 22315 703.971.8560



## EMA Kingstowne From 6/22/26 to 8/22/26

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	10:45am - 11:35am
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	10:45am - 11:35am
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	10:45am - 11:35am
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	10:45am - 11:35am
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	5:40pm - 6:30pm	10:45am - 11:35am
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	10:45am - 11:35am
Tigers TKD Children (4, 5 & 6 yrs old)	5:15pm - 5:50pm		5:15pm - 5:50pm		5:00pm - 5:35pm	10:00am - 10:35am

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 Burke, Springfield & Fairfax

We offer an After-School Program w/ Transportation Provided



Now Enrolling:

### Summer Day Camp

- Taekwondo
- Swimming
- Bowling
- Movies
- Games & Sports
- Weekly Sessions
- Safe & Fun



**\$180 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)