



Effective 9/8/2020

SCHEDULE OF CLASSES

Setting A Higher Standard
ELITE M.A. CENTER
 6230-C Rolling Road, Springfield, VA 22152 703.644.4889

In Person Classes

TKD Class Focus:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Basics	Basics	Forms / Sparring	Forms / Sparring	Mixed Curriculum	Mixed Curriculum
TKD Children No Belt to Yellow w/ Stripes (6-12 yrs old)	6:30pm - 7:10pm	5:40pm - 6:20pm	6:30pm - 7:10pm	5:40pm - 6:20pm		10:10am - 10:50am
TKD Family No Belt to Yellow w/ Stripes (6 & Up)	6:30pm - 7:10pm	6:30pm - 7:10pm	6:30pm - 7:10pm	6:30pm - 7:10pm		10:10am - 10:50am
TKD Children Green Belt to Blue w/ Stripes (6-12 yrs old)	7:20pm - 8:00pm	5:40pm - 6:20pm	7:20pm - 8:00pm	5:40pm - 6:20pm		11:00am - 11:40am
TKD Family Green Belt to Blue w/ Stripes (6 & Up)	7:20pm - 8:00pm	6:30pm - 7:10pm	7:20pm - 8:00pm	6:30pm - 7:10pm		11:00am - 11:40am
TKD Children Brown Belt on Up (6-12 yrs old)	7:20pm - 8:00pm	5:40pm - 6:20pm	7:20pm - 8:00pm	5:40pm - 6:20pm		11:00am - 11:40am
TKD Family Brown Belt on Up (6 & Up)	7:20pm - 8:00pm	7:20pm - 8:00pm	7:20pm - 8:00pm	7:20pm - 8:00pm		11:00am - 11:40am
Tigers TKD Children (4, 5 & 6 yrs old)	5:00pm - 5:30pm	6:30pm - 7:00pm	5:00pm - 5:30pm			9:30am-10:00am

Online Classes

Monday	Tuesday	Wednesday	Thursday	Friday
Virtual Taekwondo No Belt - Yellow w/ Stripes 4:20pm - 4:50pm	Virtual Taekwondo Blue Belt & Up 7:20pm - 7:55pm	Virtual Taekwondo No Belt - Yellow w/ Stripes 4:20pm - 4:50pm	Virtual Taekwondo Blue Belt & Up 7:20pm - 7:55pm	Virtual Taekwondo Green Belt & Up 4:30pm - 5:00pm
Virtual Semi Private Green Belt through Blue Stripes 5:40pm - 6:20pm	Virtual Semi Private Tigers TKD 4:20pm - 4:45pm	Virtual Semi Private Green Belt through Blue Stripes 5:40pm - 6:20pm	Virtual Semi Private Tigers TKD 4:20pm - 4:45pm	Virtual Semi Private Green Belt through Blue Stripes 5:10pm - 5:40pm
Virtual Semi Private Brown Belt through Black Belt 5:40pm - 6:20pm	Virtual Semi Private No Belt - Yellow Stripes 5:00pm - 5:30pm	Virtual Semi Private Brown Belt through Black Belt 5:40pm - 6:20pm	Virtual Semi Private No Belt - Yellow Stripes 5:00pm - 5:30pm	Virtual Semi Private Brown Belt through Black Belt 5:50pm - 6:20pm

Group Classes: Shared across all EMA locations. Classes are recorded and stored for OnDemand viewing.

Virtual Semi Private: Based at each location with its main instructors. Students can earn tips in these sessions.

\$150 One Month Trial* with Free Uniform

(Up to 3 Classes a Week for TKD. Up to 2 Classes a Week for Tigers TKD)

Train In Person or Virtually Online

* Offer limited to new students only. Taekwondo programs only. Does not apply to camps or other programs.

Join our exclusive training group on Facebook. Our group is named "EMA TKD Private Training Group" <https://www.facebook.com/groups/EMAPrivateTraining/>

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

Please call 703-644-4889 if you need to re-schedule your first class.

Ask about our **REFERRAL PROGRAM...**

Additional locations in Burke, Fairfax & Kingstowne

EMA Springfield
 Effective 9/8/2020