

SCHEDULE OF CLASSES

Setting A Higher Standard

ELITE M.A. CENTER

6230-C Rolling Road, Springfield VA 22152 703.644.4889



EMA Springfield

Effective 3/1/26

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)	6:10pm - 7:00pm	5:25pm - 6:10pm	6:10pm - 7:00pm	5:25pm - 6:10pm	5:30pm - 6:20pm	10:10am - 11:00am
TKD Family No Belt to Yellow w/ Stripe (6 & Up)	6:10pm - 7:00pm	6:15pm - 7:05pm	6:10pm - 7:00pm	6:15pm - 7:05pm	5:30pm - 6:20pm	10:10am - 11:00am
TKD Children Green Belt to Blue w/ Stripe (6-12 yrs old)	6:10pm - 7:00pm	5:25pm-6:10pm	6:10pm - 7:00pm	5:25pm - 6:10pm	5:30pm - 6:20pm	11:10am - 12:00pm
TKD Family Green Belt to Blue w/ Stripe (6 & Up)	7:10pm - 8:00pm	6:15pm - 7:05pm	7:10pm - 8:00pm	6:15pm - 7:05pm	5:30pm - 6:20pm	11:10am - 12:00pm
TKD Children Brown Belt on Up (6-12 yrs old)	7:10pm - 8:00pm	6:15pm - 7:05pm	7:10pm - 8:00pm	6:15pm - 7:05pm	5:30pm - 6:20pm	11:10am - 12:00pm
TKD Family Brown Belt on Up (6 & Up)	7:10pm - 8:00pm	7:10pm - 8:00pm	7:10pm - 8:00pm	7:10pm - 8:00pm	5:30pm - 6:20pm	11:10am - 12:00pm
Tigers TKD Children (4, 5 & 6 yrs old)	5:25pm - 6:00pm		5:25pm - 6:00pm	6:20pm - 6:55pm		9:30m - 10:05am
Judo (invitation only)			All Ages: 7:00pm-8:00pm Adults & Teens: 8:00pm - 9:15pm			Ask about our Birthday Parties
Kung Fu (adults only)		8:00pm - 8:50pm		8:00pm - 8:50pm		

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

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

Additional locations in Burke, Fairfax & Kingstowne

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

\$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