

SCHEDULE OF CLASSES



Setting A Higher Standard

ELITE M.A. CENTER

6230-C Rolling Road, Springfield VA 22152 703.644.4889

EMA Springfield

Effective 1/1/26

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

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