



SCHEDULE OF CLASSES

Setting A Higher Standard

ELITE M.A. CENTER

6230-C Rolling Road, Springfield, VA 22152 703.644.4889

EMA Springfield

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/ Stripes (6-12 yrs old) | 6:00pm - 6:50pm | 5:00pm - 6:50pm | 6:00pm - 6:50pm | 5:00pm - 6:50pm | | 10:10am - 11:00am |
| TKD Family No Belt to Yellow w/ Stripes (6 & Up) | 6:00pm - 6:50pm | 6:00pm - 6:50pm | 6:00pm - 6:50pm | 6:00pm - 6:50pm | | 10:10am - 11:00am |
| TKD Children Green Belt to Blue w/ Stripes (6-12 yrs old) | 6:00pm - 6:50pm | 5:00pm - 6:50pm | 6:00pm - 6:50pm | 5:00pm - 6:50pm | 5:30pm - 6:20pm | 11:10am - 12:00pm |
| TKD Family Green Belt to Blue w/ Stripes (6 & Up) | 7:00pm - 7:50pm | 6:00pm - 6:50pm | 7:00pm - 7:50pm | 6:00pm - 6:50pm | 5:30pm - 6:20pm | 11:10am - 12:00pm |
| TKD Children Brown Belt on Up (6-12 yrs old) | 7:00pm - 7:50pm | 5:00pm - 6:50pm | 7:00pm - 7:50pm | 5:00pm - 6:50pm | 5:30pm - 6:20pm | 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 | 5:30pm - 6:20pm | 11:10am - 12:00pm |
| Tigers TKD Children (4, 5 & 6 yrs old) | 5:15pm - 6:50pm | | 5:15pm - 6:50pm | 6:20pm - 6:55pm | Tigers TKD Graduation: (as scheduled) 6:45pm - 7:30pm | 9:30am - 10:05am |
| Judo (invitation only) | | | Kids: 7:00pm - 8:00pm Adults & Teens: 8:00pm - 9:15pm | | TKD Graduation: (as scheduled) 6:45pm - 8:00pm | |

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

\$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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