



MANNA'S CLASS SCHEDULE

A Licensed School of The Educational Martial Arts System (TEMAS)



PLEASE ARRIVE PRIOR TO THE START OF CLASS

2023/2024 - Academic School Year

No Zoom Broadcast on Saturdays

	MONDAY TIGER DRAGON	TUESDAY TIGER DRAGON	WEDNESDAY TIGER DRAGON	THURSDAY TIGER DRAGON	FRIDAY TIGER DRAGON	SATURDAY TIGER DRAGON
2:30						
3:30	Ages 7-12 2:30 - 3:30PM Ages 5 & 6 2:30 - 3:30PM		Ages 7-12 2:30 - 3:30PM Ages 5 & 6 2:30 - 3:30PM	Ages 5 & 6 2:30 - 3:30PM	Ages 7-12 2:30 - 3:30PM 3PM TO 3:30PM	Ages 7-12 10:30 - 11:30 Ages 5 & 6 10:30 - 11:30
4:00	ONLY ○ ● Ages 7-12 4 to 5pm White-Orange Ages 5 & 6 4 - 5PM		Ages 7-12 Start time:4pm W/O to 5pm G/B/R to 5:15pm Ages 5 & 6 4 - 5PM	Ages 7-12 Start time:4pm W/O to 5pm G/B/R to 5:15pm Ages 5 & 6 4 - 5PM	Ages 7-12 Start time:4pm W/O to 5pm G/B/R to 5:15pm Ages 5 & 6 4 - 5PM	SELECT TEEN, ADULT & SONGIN Noon - 1:30 PM Be early and ready
5:00						
5:15						
5:30	ONLY ● ● ● ● Ages 7-12 5:30 to 6:30pm Green-Blue-Red TEEN, ADULT & SONGIN 5:30-6:45 PM		Ages 7-12 5:30 to 6:30pm White-Orange Life Skills 5:30 - 6:20PM Min. Age 7 Twice a month check online calendar for dates	ONLY ● ● ● ● Ages 7-12 5:30 to 6:30pm Green-Blue-Red TEEN, ADULT & SONGIN 5:30-6:45 PM	ONLY ○ ● ● ● Ages 7-12 5:30 to 6:30pm White-Orange TEEN, ADULT & SONGIN 5:30-6:30 PM	Leadership & Instructors Training held once a month check dates at www.manna.us
6:30						
6:45						
7:00						
8:00						
8:15						

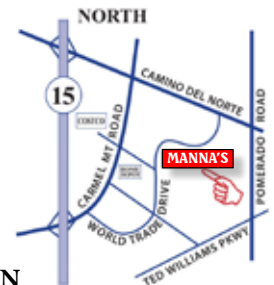
Warmup begins at 6:30PM

BLACK BELT & KO DAN JA
7 PM - 9+ PM
Pickup begins at 9:30PM.

3rd Friday Night Class 7PM to 9PM
Black Belt party ends 10:30PM
KoDanJa class 8:30- 9:30PM

CLASS POLICIES FOR ALL MEMBERS

- Our school meets or exceeds all current safety requirements.
- Most classes broadcasted (not Saturdays) and available on demand for up to six (6) days.
- Late Arrivals: Bow to Instructor and take next open position (junior spot).
- Dressing/Changing Rooms are for use by MASP & Summer Camp attendees only.
- All female participants must wear shirt under uniform top, male participants will not wear shirt under uniform.
- MANNA'S does not lend or is not responsible for member's uniforms or equipment.
- School and Sparring Rules are located in the your Manna's Student Manual, downloadable on our site.
- Please check schedule for Rank Specific classes above: ONLY ○ ● ● ● ONLY ● ● ● ●
- Saturday **SELECT** Teen, Adult, Songin class is with Grandmaster Manna approval, performance based.



AGES 3, & 4* 30 Minutes	*AGES 5, 6* 60 Minutes	AGES 7 - 12* 60-75 Minutes	TEEN/ADULT* AGES 13-29	SONGIN ADULT* MIN. AGE 30	LIFE SKILLS YOUTH LEADERSHIP TEEN/ADULT	ONLY 60 Minutes

MANNA'S, 12285 World Trade Drive, Suite B, San Diego CA 92128 - (858) 487-6470 - www.manna.us - office@manna.us

*Age/Instructor's Decision

ALL INFORMATION ON THIS SHEET IS FOR THE PRIVATE USE TO MANNA'S MEMBERS ONLY

Effective date: January 02, 2024