





















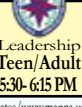





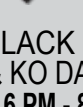


MANNA'S CLASS SCHEDULE



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

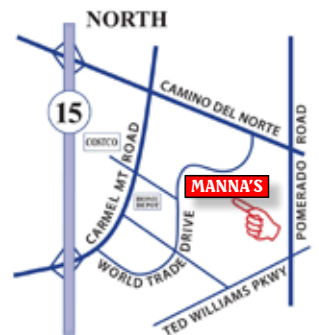
Effective Date: **MONDAY, JULY 6, 2021**

	MONDAY TIGER DRAGON OPEN AT 7:30 AM	TUESDAY TIGER DRAGON OPEN AT 7:30 AM	WEDNESDAY TIGER DRAGON OPEN AT 7:30 AM	THURSDAY TIGER DRAGON OPEN AT 7:30 AM	FRIDAY TIGER DRAGON OPEN AT 7:30 AM	SATURDAY TIGER DRAGON NOON
2:30						CLINICS & WORKSHOPS Noon to 2PM Check calendar online (Birthday Party time slot 11 to 1PM)
3:00		 3PM TO 3:30PM			 3PM TO 3:30PM	 TEEN, ADULT & SONGIN 2:30PM-4PM No Zoom
3:30						
4:00	 Ages 7-12 Start time: 4pm W/O to 5pm G/B/R to 5:15pm	 Ages 7-12 Start time: 4pm W/O to 5pm G/B/R to 5:15pm	 Ages 7-12 Start time: 4pm W/O to 5pm G/B/R to 5:15pm	 Ages 7-12 Start time: 4pm W/O to 5pm G/B/R to 5:15pm	 Ages 7-12 Start time: 4pm W/O to 5pm G/B/R to 5:15pm	
5:00	 Ages 5 & 6 4 - 5PM	 Ages 5 & 6 4 - 5PM	 Ages 5 & 6 4 - 5PM	 Ages 5 & 6 4 - 5PM	 Ages 5 & 6 4 - 5PM	
5:15						
5:30	 TEEN, ADULT & SONGIN 5:30-6:45 PM	 TEEN, ADULT & SONGIN 5:30-6:45 PM	 Life Skills Youth 5:30-6:15 PM See Online Calendar for dates/ www.manna.us	 TEEN, ADULT & SONGIN 5:30-6:45 PM	 Ages 7-12 Start time: 5:30 W/O to 6:30pm G/B/R to 6:45pm	6:00 Class Begins Promptly
6:30	 Ages 7-12 Start time: 5:30 W/O to 6:30pm G/B/R to 6:45pm	 Ages 7-12 Start time: 5:30 W/O to 6:30pm G/B/R to 6:45pm	 Leadership Teen/Adult 5:30-6:15 PM	 Ages 7-12 Start time: 5:30 W/O to 6:30pm G/B/R to 6:45pm		
6:45						
7:00	 TEEN, ADULT 7PM - 8:15PM	 SONGIN Min. Age 30 7PM - 8:15PM	 AEROBIC & BAG KICKBOXING TEEN, ADULT 7 PM - 8PM	 AEROBIC & BAG KICKBOXING TEEN, ADULT 7 PM - 8PM	 BLACK BELT & KO DAN JA 6 PM - 8 PM	
8:00						
8:15						

Give your training a boost!

PRIVATE CLASSES

Private classes can be scheduled throughout the week based on availability by you and the Instructor. Grandmaster, Master and Instructors available. In studio or by Zoom



CLASS POLICIES FOR ALL MEMBERS



All Children Must wear a mask entering, during occupancy and exiting our school.

Our school meets or exceeds all current safety requirements.

All Classes will be broadcast and available on demand for minimum of seven (7) days. Never miss a class!

Late Arrivals: Bow to Instructor and take next open position (junior dot).

Dressing/Changing Rooms are not available for use. For use by Summer Camp attendees only.

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.



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



TEEN/ADULT
45 Minutes

AEROBIC
KICKBOXING



ONLY
60 Minutes

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