



TRY IT FREE GUEST PASS

To: _____

From: _____

www.manna.us

FREE UNIFORM & TWO CLASSES

Guest Pass for new members only and has no cash value.



We look forward to meeting with you and sharing a program tailored to fit you and your family, with a thirty five year proven record of performance.

MANNA'S MARTIAL ARTS
12285B World Trade Drive,
San Diego, CA 92128
www.manna.us

office@manna.us (858) 487-6470

Age Specific Programs



AGES 3, 4 & 5
30 Minutes



AGES 5 & 6
60 Minutes



AGES 7 - 11
75 Minutes



TEEN/ADULT
AGES 12-29



SONGIN ADULT
Minimum AGE 30

AEROBIC & BAG
KICKBOXING



TEEN/ADULT
60 Minutes
Valid for 1 Try-It Workout
Must have wrist wraps

After School Program

Transportation Included (PUSD school calendar)
CA Licensed School Age Day Care

Summer Sports Camp

By the day or by the week at Manna's

Life Skills & Leadership Development

Youth and Teen/Adult Programs



www.temas.org/outreach
Enrichment Programs



www.vmal.org
Earn JV & Varsity Letters

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