



# MANNA'S CLASS SCHEDULE



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

Effective Date: MONDAY, APRIL 12, 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	TIGER DRAGON OPEN AT 7:30 AM	TIGER DRAGON OPEN AT 7:30 AM	TIGER DRAGON OPEN AT 7:30 AM	TIGER DRAGON OPEN AT 7:30 AM	TIGER DRAGON OPEN AT 7:30 AM	TIGER DRAGON	1:00
2:30						Ages 7-12 1:00-2:15 PM	2:15
3:00	Ages 5-11 2:30 - 3:30PM	3PM TO 3:30PM	Ages 5-11 2:30 - 3:30PM		Ages 5-11 2:30 - 3:30PM	3PM TO 3:30PM	3:00
3:30							
4:00	Ages 7-12 4 - 5PM	Ages 5 & 6 4 - 5PM	Ages 7-12 4 - 5PM	Ages 5 & 6 4 - 5PM	Ages 7-12 4 - 5PM	Ages 5 & 6 4 - 5PM	4:30
5:00	Ages 7-12 4 - 5PM	Ages 5 & 6 4 - 5PM	Ages 7-12 4 - 5PM	Ages 5 & 6 4 - 5PM	Ages 7-12 4 - 5PM	Ages 5 & 6 4 - 5PM	
5:30							
6:00	TEEN, ADULT & SONGIN 5:30-6:30 PM	Ages 7-12 5:30-6:30 PM	TEEN, ADULT & SONGIN 5:30-6:30 PM	Ages 7-12 5:30-6:30 PM	TEEN, ADULT & SONGIN 5:30-6:30 PM	Ages 7-12 5:30-6:30 PM	
6:30			Life Skills Youth 5:30 - 6:15 PM <small>See Online Calendar for dates / www.manna.us</small>	Leadership Teen/Adult 5:30 - 6:15 PM			
7:00	TEEN, ADULT 7PM - 8:15PM	SONGIN Min. Age 30 7PM - 8:15PM	TEEN, ADULT 7PM - 8:15PM	SONGIN Min. Age 30 7PM - 8:15PM	TEEN, ADULT & SONGIN 5:30-6:30 PM	Ages 7-12 5:30-6:30 PM	
8:00		AEROBIC & BAG KICKBOXING TEEN, ADULT 7 PM - 8PM	TEEN, ADULT 7PM - 8:15PM	SONGIN Min. Age 30 7PM - 8:15PM	TEEN, ADULT 7 PM - 8 PM		
			IN HOME ONLY zoom		BLACK BELT & KO DAN JA 6 PM - 8 PM Pickup begins at 8PM		

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 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).
- Dragon Floor: Due to current safety restrictions 12 participant maximum.
- Dressing/Changing Rooms are not available for use. For use by VLA/MASP 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 Minutes



TEEN/ADULT\*  
AGES 13-29



SONGIN ADULT\*  
MIN. AGE 30



TEEN/ADULT  
45 Minutes

AEROBIC  
 KICKBOXING



TEEN/ADULT  
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: April 12, 2021