



# MANNA'S CLASS SCHEDULE



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

Effective Date: **MONDAY, NOVEMBER 8, 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 Open 9:45 AM No Zoom on Saturday Trainings
2:30						
3:00	Ages 5-12 2:30 - 3:30PM		Ages 5-12 2:30 - 3:30PM		Ages 5-12 2:30 - 3:30PM	
3:30		8PM TO 3:30PM			8PM TO 3:30PM	
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	TEEN, ADULT & SONGIN 5:30-6:45 PM	TEEN, ADULT & SONGIN 5:30-6:45 PM	TEEN, ADULT & SONGIN 5:30-6:30 PM Black Belts only assist	
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	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	Ages 7-12 Start time: 5:30 W/O to 6:30pm G/B/R to 6:45pm	
6:45						
7:00	SONGIN Min. Age 30 7PM - 8:15PM	AEROBIC & BAG KICKBOXING TEEN, ADULT 7 PM - 8PM	SONGIN Min. Age 30 7PM - 8:15PM	AEROBIC & BAG KICKBOXING TEEN, ADULT 7 PM - 8PM	SONGIN Min. Age 30 7PM - 8:15PM	
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 MASP & 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



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](http://www.manna.us) - [office@manna.us](mailto:office@manna.us)

\* Age/Instructor's Decision

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

Effective date: November 8, 2021