

PARKLAND CLASS SCHEDULE 954-796-4911 www.emaparkland.com

0-4:00		* PLEASE ARRIVE AT LEAST 5 MINUTES PRIOR TO CLASS TIME * ALL SHOES SHOULD BE PLACED IN SHOE RACK
10:0		PRIOR TO CLASS TIME * ALL SHOES SHOULD BE
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0-4:40		PLACED IN SHOE RACK
1		* REMAIN IN PROPER WAITING AREA
0-5:20 10:3	35-11:05	* NEVER DISTURB CLASS IN SESSION
		* QUIETLY STRETCH AND PREPARE FOR CLASS
0-6:00		* TEST REVIEW DAYS
11:1		REQUIRE FULL UNIFORM FOR MARKED
0-6:40		ATTENDACE
AMPS SPA	BRING	* EMA T-SHIRTS MAY BE WORN ON T-SHIRT DAYS
	5-12:15	* CLEAN UNIFORM AND HYGIENE HABITS ARE A
WEA		MUST
12:2		* ALL GUESTS SHOULD REMAIN IN SEATED AREA
		* ALL JEWELRY MUST BE REMOVED PRIOR TO CLASS
		* EMA IS NOT RESPONSIBLE FOR LOST VALUABLES
	0-6:00 11:1 0-6:40 AMPS SPA 0-7:20 11:4	0-6:00 11:10-11:40 0-6:40 MMPS SPARRING 11:45-12:15 WEAPONS 12:20-12:50