

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

MARTIAL ARTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	T
KINDERKICKERS Ages 4-6	3:30-4:00	3:30-4:00	3:30-4:00	3:30-4:00	3:30-4:00	10:00-10:30	* PLEASE ARRIVE AT LEAST 5 MINUTES PRIOR TO CLASS TIME * ALL SHOES SHOULD BE
KINDERKICKERS Ages 4-6				4:10-4:40	4:10-4:40	10.00-10.30	* REMAIN IN PROPER WAITING AREA
WHITE / GOLD / ORANGE Ages 7-11	5:50-6:35	4:10-4:55	5:00-5:45	4:50-5:35	4:50-5:20	10:35-11:05	* NEVER DISTURB CLASS IN SESSION
KIDS' GREEN / PURPLE	5:00-5:45	5:05-5:50	4:10-4:55	6:40-7:25	5:30-6:00	11:10-11:40	* QUIETLY STRETCH AND PREPARE FOR CLASS * TEST REVIEW DAYS
KIDS' BLUE / ADVANCED	4:10-4:55	6:00-6:45	5:50-6:35	5:45-6:30	6:10-6:40	11.10-11.40	REQUIRE FULL UNIFORM FOR MARKED ATTENDACE * EMA T-SHIRTS MAY BE
BROWN & ABOVE	6:40-7:25	GRAPPLING 6:55-7:25	6:40-7:25		CHAMPS 6:50-7:20	SPARRING 11:45-12:15	* CLEAN UNIFORM AND HYGIENE HABITS ARE A
TEENS / ADULTS	7:30-8:30	7:30-8:30	7:30-8:30	7:30-8:30		WEAPONS 12:20-12:50	* ALL GUESTS SHOULD REMAIN IN SEATED AREA
							* ALL JEWELRY MUST BE REMOVED PRIOR TO CLASS
							* EMA IS NOT RESPONSIBLE FOR LOST VALUABLES