



# PARKLAND CLASS SCHEDULE

**954-796-4911**

**www.emaparkland.com**

|                                       | Monday                 | Tuesday                  | Wednesday              | Thursday               | Friday   | Saturday                 |  |
|---------------------------------------|------------------------|--------------------------|------------------------|------------------------|--|--------------------------|--|
| <b>KINDERKICKERS</b><br>Ages 4-6      | 4:00                   | 5:30                     | 4:00                   | 5:30                   | 4:30   | 10:00                    | ✓ PLEASE ARRIVE 10-15 MINUTES PRIOR TO CLASS TIME  |
| <b>PRIVATE/SPECIAL</b>                | <b>PRIVATE</b><br>3:30 | <b>WEAPONS</b><br>6:00   | <b>PRIVATE</b><br>3:30 | <b>CHAMPS</b><br>4:10  | <b>JOURNEY</b><br>5:00<br><br><b>GREEN AND PURPLE</b><br>5:30<br><br><b>BLUE &amp; ABOVE</b><br>6:00 | 10:30                    | ✓ REMAIN IN PROPER WARM UP AREA<br>✓ NEVER DISTURB CLASS IN SESSION                        |
| <b>WHITE/GOLD/ORANGE</b><br>Ages 7-11 | 6:00                   | 4:50                     | 5:20                   | 3:30                   |  | 10:30                    | ✓ QUIETLY STRETCH AND PREPARE FOR CLASS  |
| <b>KIDS' GREEN/PURPLE</b>             | 5:20                   | 3:30                     | 4:40                   | 6:00                   |  | <b>SPARRING</b><br>11:15 | ✓ ALL JEWELRY MUST BE REMOVED PRIOR TO CLASS<br>✓ ALL VALUABLES SHOULD BE LEFT IN YOUR CAR |
| <b>KIDS' BLUE/ADVANCED</b>            | 4:40                   | 4:10                     | 6:00                   | 4:50                   | ✓ CLEAN UNIFORM AND HYGIENE HABITS ARE A MUST  |                          |  |
| <b>TEENS/ADULTS</b>                   | 7:15                   | 7:15                     | 7:15                   | 7:15                   | <b>KIDS' SPECIALTY CLASSES</b><br><b>CHECK CALENDAR</b>  |                          | ✓ KARATE T SHIRTS CAN BE WORN ON T SHIRT DAYS  |
| <b>BROWN &amp; ABOVE</b>              | 6:40                   |                          | 6:40                   |                        |  |                          | ✓ ALL GUESTS SHOULD REMAIN IN SEATING AREA   |
|                                       |                        | <b>GRAPPLING</b><br>6:40 |                        | <b>EXTREME</b><br>6:40 |  |                          | ✓ ALL SHOES SHOULD BE PLACED IN SHOE RACK  |
|                                       |                        |                          |                        |                        |  |                          | ✓ CHILDREN MUST REMAIN IN DESIGNATED AREAS   |