



# PARKLAND CLASS SCHEDULE

**954-796-4911**

**www.emaparkland.com**

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