

Schedule & Safety Practices

At Five Element Martial Arts & Healing Center

In person Classes at the School (DOJO)

MONDAYS:

Internal Arts- 5:30-6:30PM (13 & older)

Advanced Class 6:45-7:30PM

TUESDAYS:

laido- 7:00-8:00PM (13 & older)

WEDNESDAYS:

Little Elements (4-7 girls/boys) 4:30-5:15PM

All Students-5:30-6:30PM (Family Class)

laido-6:45-7:30PM

- **Anyone with ANY SYMPTOMS- MUST STAY HOME!**
- **EVERYONE MUST WEAR A MASK the ENTIRE TIME**
- **WASH HANDS/Hand Sanitize prior to Class**
- **Come in your UNIFORM/GI/Workout Clothes**

WE RUN TWO FILTRETE AIR PURIFIERS ARE IN THE TRAINING SPACE-The FANS circulate air flow with special air filters in our HVAC