

F.E.M.A.

Schedule & Safety Practices

Five Element Martial Arts & Healing Center

MONDAYS:

Internal Arts- 5:30-6:30PM (13 & older)
Advanced Class 6:45-7:30PM (by Invite only)

TUESDAYS:

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

WEDNESDAYS:

Little Elements (4-7 girls/boys) 4:30-5:15PM
All Students-5:30-7:00PM (Family Class)

- 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**