

EMPOWER

MARTIAL ARTS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|---|--|
| EMPOWER NINJAS 4:15 – 4:55PM | KIDS / FAMILY ADVANCED 4:15 – 5:00PM | EMPOWER NINJAS 4:15 – 4:55PM | KIDS / FAMILY ELITE 4:15 – 5:00PM | KIDS / FAMILY ADVANCED 4:15 – 5:00PM | EMPOWER NINJAS 10:00 – 10:40AM |
| KIDS / FAMILY BEGINNERS 5:15 – 6:00PM | EMPOWER NINJAS 5:15 – 5:55PM | KIDS / FAMILY BEGINNERS 5:15 – 6:00PM | KIDS / FAMILY ADVANCED 5:15 – 6:00PM | EMPOWER NINJAS 5:15 – 5:55PM | KIDS / FAMILY BEGINNERS 11:00 – 11:45AM |
| KIDS / FAMILY ADVANCED 6:15 – 7:00PM | KIDS / FAMILY ELITE 6:15 – 7:00PM | KIDS / FAMILY ELITE 6:15 – 7:00PM | EMPOWER FITNESS | | KIDS / FAMILY ADVANCED 12:00 – 12:45PM |
| KIDS / FAMILY ELITE 7:15 – 8:00PM | EMPOWER FITNESS | ADULT BEGINNERS / ADVANCED 7:15 – 8:00PM | ADULT BEGINNERS / ADVANCED 7:15 – 8:00PM | | KIDS / FAMILY ELITE 1:00 – 1:45PM |
| ADULT ELITE 8:05 – 9:05PM | ADULT BEGINNERS/ ADVANCED 8:15 – 9:00PM | ADULT ELITE 8:05 – 9:05PM | ADULT ELITE 8:05 – 9:05PM | | BLACK BELT TRAINING 2:00 – 2:45PM |