

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	EMPOWER NINJAS 4:15 – 4:55PM	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	KIDS / FAMILY ELITE 6:15 – 7:00PM		KIDS / FAMILY ADVANCED 12:00 – 12:45PM
KIDS / FAMILY ELITE 7:15 – 8:00PM	ADULT BEGINNERS 7:15 – 8:00PM	ADULT BEGINNERS / ADVANCED 7:15 – 8:00PM	ADULT BEGINNERS / ADVANCED 7:05 – 8:05PM		KIDS / FAMILY ELITE 1:00 – 1:45PM
ADULT ELITE 8:05 – 9:05PM	ADULT ADVANCED 8:05 – 9:05PM	ADULT ELITE 8:05 – 9:05PM	ADULT ELITE 8:05 – 9:05PM		BLACK BELT TRAINING 2:00 – 2:45PM