

EMPOWER

MARTIAL ARTS

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