



Empower Martial Arts & Fitness

Winter / Spring 2012 Schedule

“Building Strong, Healthy, Confident People – One Kick At A Time”



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING (A.M.)						
	FitStrike MMA/Kickboxing Fitness 8:30 to 9:45 am	Jr/Adult Karate 8:45 to 9:45 am	FitStrike MMA/Kickboxing Fitness 8:30 to 9:45 am	Jr/Adult Karate 8:45 to 9:45 am		FitStrike MMA/Kickboxing Fitness 8:00 to 9:15 am
						Jr/Adult Karate 9:30 to 10:15 am
						Karate Samurai Warrior (White to Yellow Belt) 10:15 to 11:00 am
						Karate Samurai Warrior (Green to Black Belt) 11 to 11:45 am
AFTERNOON/EVENING (P.M.)		Dyno-Mite Karate 4:45 to 5:30 pm	Karate Samurai Warrior (Yellow to Black Belt) 4:45 to 5:30 pm	Dyno-Mite Karate 4:45 to 5:30 pm		
	Karate Samurai Warrior (White to Yellow Belt) 5:45 to 6:30 pm	Karate Samurai Warrior (White to Yellow Belt) 5:45 to 6:30 pm		Karate Samurai Warrior (White to Yellow Belt) 5:45 to 6:30 pm		
	Karate Samurai Warrior (Green to Black Belt) 6:30 to 7:15 pm	Karate Samurai Warrior (Green to Black Belt) 6:30 to 7:15 pm		Karate Samurai Warrior (Green to Black Belt) 6:30 to 7:15 pm		
	Jr/Adult Karate 7:15 to 8:15 pm	FitStrike MMA/Kickboxing Fitness 7:15 to 8:30 pm	Jr/Adult Karate 7:15 to 8:15 pm	FitStrike MMA/Kickboxing Fitness 7:15 to 8:30 pm		
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