



Empower Martial Arts & Fitness

Fall / Winter / Spring 2011/2012 Schedule

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



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
MORNING (A.M.)	Pilates Mat+ 7 to 7:55 am		Pilates Mat+ 7 to 7:55 am				
	FitStrike MMA/Kickboxing Fitness 8:30 to 9:45 am	Jr/Adult Karate 9 to 10:15 am	FitStrike MMA/Kickboxing Fitness 8:30 to 9:45 am	Jr/Adult Karate 9 to 10:15 am		FitStrike MMA/Kickboxing Fitness 8:00 to 9:15 am	
						Karate Samurai Warrior (Orange to Black Belt) 9:30 to 10:30 am	
		Dyno-Mite Karate 10:15 to 11 am		Dyno-Mite Karate 10:15 to 11 am			
						Special Class Schedule 10:30 to ?	
AFTERNOON/EVENING (P.M.)							
		Dyno-Mite Karate 5 to 5:45 pm	Karate Samurai Warrior (Yellow to Black Belt) 4:30 to 5:30 pm	Dyno-Mite Karate 5 to 5:45 pm	Open Workout Samurai Warrior 5:30 to 6:15 Jr/Adult 6:15 to 7 pm <i>See Open Workout Schedule</i>		
	Karate Samurai Warrior (Orange to Green Belt) 6 to 7 pm	Karate Samurai Warrior (Blue to Black Belt) 6 to 7 pm		Karate Samurai Warrior (Orange to Black Belt) 6 to 7 pm			
	Jr/Adult Karate 7:15 to 8:30 pm	FitStrike MMA/Kickboxing Fitness 7:15 to 8:30 pm	Jr/Adult Karate 7:15 to 8:30 pm	FitStrike MMA/Kickboxing Fitness 7:15 to 8:30 pm			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	

Business Hours:

- Monday & Wednesday - 8 am to 11 am & 5 to 9 pm
- Tuesday & Thursday - 9 am to Noon & 5 to 9 pm
- Friday – None (see Open Workout Schedule)
- Saturday – 8 am to 11 am

Empower Martial Arts & Fitness
Fall / Winter / Spring 2011/2012 Schedule
“Building Strong, Healthy, Confident People
– One Kick At A Time”

Karate

- **Dyno-Mite Pre-Karate**
 - Mornings – Tues & Thurs 10:15 - 11 am
 - Afternoons – Tues & Thurs 5 - 5:45 pm
- **Samurai Warrior**
 - Orange to Green Belt – Monday 6 - 7 pm
 - Blue to Black Belt – Tuesday 6 - 7 pm
 - Orange to Black Belt – Thursday 6 - 7 pm, Saturday 9:30 - 10:30 am
 - Yellow to Black Belt – Wednesday 4:30 - 5:30 pm
 - Open Workout – Friday 5:30 - 6:15 pm (see Open Workout Schedule for dates)
- **Junior/Adult**
 - Morning – Tuesday & Thursday 9 - 10:15 am
 - Evening – Monday & Wednesday 7:15 - 8:30 pm
 - Open Workout – Friday 6:15 - 7 pm (see Open Workout Schedule for dates)

FitStrike Kickboxing/MMA Fitness

- Morning – Monday & Wednesday 8:30 - 9:45 am, Saturday 8 - 9:15 am
- Evening – Tuesday & Thursday 7:15 - 8:30 pm

Available “Open Workout Times” – this is for Karate or FitStrike Kickboxing workouts
(this does not include the scheduled Friday night Open Workout)

- Monday – 8 am to 8:30 am, 9:45 am – 11 am, 5 - 6pm
- Tuesday – 11am - Noon
- Wednesday 8 am to 9 am, 10:15 am – 11 am, 5:30 - 7:15pm
- Thursday – 11 am to Noon
- Monday through Thursday – 8:30 - 9pm

Pilates Mat+

- Morning – Monday & Wednesday 7 - 7:55 am