

Master Class Schedule							
	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
5:00	Moogi Squad		Moogi Squad		Moogi Sparring	10:00	Family Class
5:15	5:00-5:30		5:00-5:30		5:00-5:30	10:15	All Ages & All Ranks
5:30	Juniors	Juniors	Juniors	Juniors	Juniors Sparring*	10:30	10:00-10:45
5:45	White, Orange, Yellow	Camo, Green, Purple	White, Orange, Yellow	Camo, Green, Purple	Beginner & Advanced	10:45	Break/Stretch
6:00	5:30-6:15	5:30-6:15	5:30-6:15	5:30-6:15	5:30-6:15	11:00	Hero Program*
6:15	Black Belts	Juniors	Black Belts	Juniors	Break/Stretch	11:15	
6:30	All Ages & All Ranks	Blue, Brown, Red, Red/Black	All Ages & All Ranks	Blue, Brown, Red, Red/Black	Adult	11:30	11:15-12:00
6:45	6:15-7:00	6:15-7:00	6:15-7:00	6:15-7:00	Sparring*	11:45	Break/Stretch
7:00	Adult	Adult	Adult	Adult	6:30-7:15	12:00 (Noon)	Black Belts
7:15	Kickboxing	White, Orange, Yellow	Kickboxing	White, Orange, Yellow	Open Floor	12:15	All Ages
7:30	7:00-7:45	7:00-7:45	7:00-7:45	7:00-7:45	7:15-7:45	12:30	All Ranks
7:45	Adult	Adult	Adult	Adult		12:45	Noon - 1:00
8:00	Krav Maga	Camo - Red	Krav Maga	Camo - Red		*Attendance by approval only	
8:15	7:45-8:45	7:45-8:30	7:45-8:45	7:45-8:30			
8:30					1891 Capital Circle NE STE# 11		
		850-329-7643			Tallahassee, FL 32308		
	gtmaempowermartialarts@gmail.com						

7:00	Adult	Adult	Adult	Adult	6:30-7:15	12:15	Tournament
7:15	Kickboxing	White, Orange, Yellow	Kickboxing	White, Orange, Yellow	Open Floor	12:30	12:00-12:45
7:30	7:00-7:45	7:00-7:45	7:00-7:45	7:00-7:45	7:15-7:45	12:45	Break/Stretch
7:45	Adult	Adult	Adult	Adult		1:00	Black Belts
8:00	Krav Maga	Camo - Red	Krav Maga	Camo - Red		1:15	1st & 2nd Degree
8:15	7:45-8:45	7:45-8:30	7:45-8:45	7:45-8:30		1:30	1:00-2:00
8:30		High Rank		High Rank		1:45	
8:45		Open Floor		Open Floor		2:00	Black Belts
9:00		8:30-9:00		8:30-9:00		2:15	All 3rd Degrees
						2:30	& Higher
						2:45	2:00-3:00
						3:00	

Beginner: White, Orange, & Yellow Belts
Intermediate: Camo, Green, & Purple Belts
Advanced: Blue, Brown, Red, & Red/Black
 * Attendance by approval only

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 850-329-7643
 1891 Capital Circle NE #11
 Tallahassee, FL 32308

Junior Class Schedule							
	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
3:45						8:30	
4:00	After School	After School	After School	After School	After School	8:45	
4:15	Program	Program	Program	Program	Program	9:00	
4:30	4:00-4:45	4:00-4:45	4:00-4:45	4:00-4:45	4:00-4:45	9:15	
4:45						9:30	
5:00	Moogi Squad		Moogi Squad		Moogi Sparring	9:45	
5:15	5:00-5:30		5:00-5:30		5:00-5:30	10:00	Stretch Class
5:30	Juniors	Juniors	Juniors	Juniors	Juniors Sparring*	10:15	10:00-10:30
5:45	White, Orange, Yellow	Camo, Green, Purple	White, Orange, Yellow	Camo, Green, Purple	Beginner & Advanced	10:30	Family Class
6:00	5:30-6:15	5:30-6:15	5:30-6:15	5:30-6:15	5:30-6:15	10:45	All Ages & All Ranks
6:15	Black Belts	Juniors	Black Belts	Juniors		11:00	10:30-11:15
6:30	All Ages & All Ranks	Blue, Brown, Red, Red/Black	All Ages & All Ranks	Blue, Brown, Red, Red/Black		11:15	Hero Program*
6:45	6:15-7:00	6:15-7:00	6:15-7:00	6:15-7:00		11:30	11:15-12:00
7:00						11:45	
7:15						12:00 (Noon)	Open Floor/Demo/
7:30						12:15	Tournament
7:45						12:30	12:00-12:45
8:00						12:45	Break/Stretch
8:15						1:00	Black Belts
8:30						1:15	1st & 2nd Degree
8:45						1:30	1:00-2:00
9:00						1:45	
						2:00	Black Belts
Beginner: White, Orange, & Yellow Belts			gtmaempowermartialarts@gmail.com			2:15	All 3rd Degrees
Intermediate: Camo, Green, & Purple Belts			850-329-7643			2:30	& Higher
Advanced: Blue, Brown, Red, & Red/Black			1891 Capital Circle NE #11			2:45	2:00-3:00
* Attendance by approval only			Tallahassee, FL 32308			3:00	

Junior Class Schedule							
	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
3:45						8:30	
4:00	After School	After School	After School	After School	After School	8:45	
4:15	Program	Program	Program	Program	Program	9:00	
4:30	4:00-4:45	4:00-4:45	4:00-4:45	4:00-4:45	4:00-4:45	9:15	
4:45						9:30	
5:00	Moogi Squad		Moogi Squad		Moogi Sparring	9:45	
5:15	5:00-5:30		5:00-5:30		5:00-5:30	10:00	Stretch Class
5:30	Juniors	Juniors	Juniors	Juniors	Juniors Sparring*	10:15	10:00-10:30
5:45	White, Orange, Yellow	Camo, Green, Purple	White, Orange, Yellow	Camo, Green, Purple	Beginner & Advanced	10:30	Family Class
6:00	5:30-6:15	5:30-6:15	5:30-6:15	5:30-6:15	5:30-6:15	10:45	All Ages & All Ranks
6:15	Black Belts	Juniors	Black Belts	Juniors		11:00	10:30-11:15
6:30	All Ages & All Ranks	Blue, Brown, Red, Red/Black	All Ages & All Ranks	Blue, Brown, Red, Red/Black		11:15	Hero Program*
6:45	6:15-7:00	6:15-7:00	6:15-7:00	6:15-7:00		11:30	11:15-12:00
7:00						11:45	
7:15						12:00 (Noon)	Open Floor/Demo/
7:30						12:15	Tournament
7:45						12:30	12:00-12:45
8:00						12:45	Break/Stretch
8:15						1:00	Black Belts
8:30						1:15	1st & 2nd Degree
8:45						1:30	1:00-2:00
9:00						1:45	
						2:00	Black Belts
Beginner: White, Orange, & Yellow Belts			gtmaempowermartialarts@gmail.com			2:15	All 3rd Degrees
Intermediate: Camo, Green, & Purple Belts			850-329-7643			2:30	& Higher
Advanced: Blue, Brown, Red, & Red/Black			1891 Capital Circle NE #11			2:45	2:00-3:00
* Attendance by approval only			Tallahassee, FL 32308			3:00	

Adult Class Schedule							
	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
3:45						8:30	
4:00						8:45	
4:15						9:00	Adult
4:30						9:15	Kickboxing
4:45						9:30	9:00-10:00
5:00						9:45	
5:15						10:00	Stretch Class
5:30						10:15	10:00-10:30
5:45						10:30	Family Class
6:00						10:45	All Ages & All Ranks
6:15	Black Belts		Black Belts			11:00	10:30-11:15
6:30	All Ages & All Ranks		All Ages & All Ranks		Adult	11:15	Hero Program*
6:45	6:15-7:00		6:15-7:00		Sparring*	11:30	11:15-12:00
7:00	Adult	Adult	Adult	Adult	6:30-7:15	11:45	
7:15	Kickboxing	White, Orange, Yellow	Kickboxing	White, Orange, Yellow	Open Floor	12:00 (Noon)	Open Floor/Demo/
7:30	7:00-7:45	7:00-7:45	7:00-7:45	7:00-7:45	7:15-7:45	12:15	Tournament
7:45	Adult	Adult	Adult	Adult		12:30	12:00-12:45
8:00	Krav Maga	Camo - Red	Krav Maga	Camo - Red		12:45	Break/Stretch
8:15	7:45-8:45	7:45-8:30	7:45-8:45	7:45-8:30		1:00	Black Belts
8:30		High Rank		High Rank		1:15	1st & 2nd Degree
8:45		Open Floor		Open Floor		1:30	1:00-2:00
9:00		8:30-9:00		8:30-9:00		1:45	
						2:00	Black Belts
Beginner: White, Orange, & Yellow Belts			gtmaempowermartialarts@gmail.com			2:15	All 3rd Degrees
Intermediate: Camo, Green, & Purple Belts			850-329-7643			2:30	& Higher
Advanced: Blue, Brown, Red, & Red/Black			1891 Capital Circle NE #11			2:45	2:00-3:00
* Attendance by approval only			Tallahassee, FL 32308			3:00	

Adult Class Schedule							
	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
3:45						8:30	
4:00						8:45	
4:15						9:00	Adult
4:30						9:15	Kickboxing
4:45						9:30	9:00-10:00
5:00						9:45	
5:15						10:00	Stretch Class
5:30						10:15	10:00-10:30
5:45						10:30	Family Class
6:00						10:45	All Ages & All Ranks
6:15	Black Belts		Black Belts			11:00	10:30-11:15
6:30	All Ages & All Ranks		All Ages & All Ranks		Adult	11:15	Hero Program*
6:45	6:15-7:00		6:15-7:00		Sparring*	11:30	11:15-12:00
7:00	Adult	Adult	Adult	Adult	6:30-7:15	11:45	
7:15	Kickboxing	White, Orange, Yellow	Kickboxing	White, Orange, Yellow	Open Floor	12:00 (Noon)	Open Floor/Demo/
7:30	7:00-7:45	7:00-7:45	7:00-7:45	7:00-7:45	7:15-7:45	12:15	Tournament
7:45	Adult	Adult	Adult	Adult		12:30	12:00-12:45
8:00	Krav Maga	Camo - Red	Krav Maga	Camo - Red		12:45	Break/Stretch
8:15	7:45-8:45	7:45-8:30	7:45-8:45	7:45-8:30		1:00	Black Belts
8:30		High Rank		High Rank		1:15	1st & 2nd Degree
8:45		Open Floor		Open Floor		1:30	1:00-2:00
9:00		8:30-9:00		8:30-9:00		1:45	
						2:00	Black Belts
Beginner: White, Orange, & Yellow Belts	gtmaempowermartialarts@gmail.com					2:15	All 3rd Degrees
Intermediate: Camo, Green, & Purple Belts	850-329-7643					2:30	& Higher
Advanced: Blue, Brown, Red, & Red/Black	1891 Capital Circle NE #11					2:45	2:00-3:00
* Attendance by approval only	Tallahassee, FL 32308					3:00	

Adult Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
3:45						8:30	
4:00						8:45	
4:15						9:00	Adult Kickboxing 9:00-10:00
4:30						9:15	
4:45						9:30	
5:00						9:45	
5:15						10:00	Stretch Class 10:00-10:30
5:30						10:15	
5:45						10:30	Family Class All Ages & All Ranks 10:30-11:15
6:00						10:45	
6:15	Black Belts		Black Belts			11:00	
6:30	All Ages & All Ranks		All Ages & All Ranks		Adult Sparring* 6:30-7:15	11:15	Hero Program* 11:15-12:00
6:45	6:15-7:00		6:15-7:00			11:30	
7:00	Adult	Adult	Adult	Adult		11:45	
7:15	Kickboxing	White, Orange, Yellow	Kickboxing	White, Orange, Yellow	Open Floor 7:15-7:45	12:00 (Noon)	Open Floor/Demo/ Tournament 12:00-12:45
7:30	7:00-7:45	7:00-7:45	7:00-7:45	7:00-7:45			
7:45	Adult	Adult	Adult	Adult		12:30	
8:00	Krav Maga	Camo - Red	Krav Maga	Camo - Red		12:45	Break/Stretch
8:15	7:45-8:45	7:45-8:30	7:45-8:45	7:45-8:30		1:00	Black Belts 1st & 2nd Degree 1:00-2:00
8:30		High Rank		High Rank		1:15	
8:45		Open Floor		Open Floor		1:30	
9:00		8:30-9:00		8:30-9:00		1:45	
						2:00	Black Belts
						2:15	All 3rd Degrees & Higher 2:00-3:00
						2:30	
						2:45	
						3:00	

Beginner: White, Orange, & Yellow Belts

Intermediate: Camo, Green, & Purple Belts

Advanced: Blue, Brown, Red, & Red/Black

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1891 Capital Circle NE #11

Tallahassee, FL 32308

Junior Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
3:45						8:30	
4:00	After School Program 4:00-4:45	After School Program 4:00-4:45	After School Program 4:00-4:45	After School Program 4:00-4:45	After School Program 4:00-4:45	8:45	
4:15						9:00	
4:30						9:15	
4:45						9:30	
5:00	Moogi Squad 5:00-5:30		Moogi Squad 5:00-5:30		Moogi Sparring 5:00-5:30	9:45	
5:15							10:00
5:30	Juniors	Juniors	Juniors	Juniors	Juniors Sparring* Beginner & Advanced	10:15	
5:45	White, Orange, Yellow	Camo, Green, Purple	White, Orange, Yellow	Camo, Green, Purple		10:30	Family Class All Ages & All Ranks 10:30-11:15
6:00	5:30-6:15	5:30-6:15	5:30-6:15	5:30-6:15	5:30-6:15	10:45	
6:15	Black Belts	Juniors	Black Belts	Juniors		11:00	
6:30	All Ages & All Ranks	Blue, Brown, Red, Red/Black	All Ages & All Ranks	Blue, Brown, Red, Red/Black		11:15	Hero Program* 11:15-12:00
6:45	6:15-7:00	6:15-7:00	6:15-7:00	6:15-7:00		11:30	
7:00						11:45	
7:15						12:00 (Noon)	Open Floor/Demo/

7:30						12:15	Tournament
7:45						12:30	12:00-12:45
8:00						12:45	Break/Stretch
8:15						1:00	Black Belts
8:30						1:15	1st & 2nd Degree
8:45						1:30	1:00-2:00
9:00						1:45	
Beginner: White, Orange, & Yellow Belts Intermediate: Camo, Green, & Purple Belts Advanced: Blue, Brown, Red, & Red/Black * Attendance by approval only						2:00	Black Belts
						2:15	All 3rd Degrees
						2:30	& Higher
						2:45	2:00-3:00
						3:00	

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Adult Class Schedule							
	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
3:45						8:30	
4:00						8:45	
4:15						9:00	Adult Kickboxing 9:00-10:00
4:30						9:15	
4:45						9:30	
5:00						9:45	
5:15						10:00	Stretch Class 10:00-10:30
5:30						10:15	
5:45						10:30	Family Class All Ages & All Ranks 10:30-11:15
6:00						10:45	
6:15	Black Belts		Black Belts			11:00	
6:30	All Ages & All Ranks		All Ages & All Ranks		Adult Sparring* 6:30-7:15	11:15	Hero Program* 11:15-12:00
6:45	6:15-7:00		6:15-7:00			11:30	
7:00	Adult	Adult	Adult	Adult		11:45	
7:15	Kickboxing	White, Orange, Yellow	Kickboxing	White, Orange, Yellow	Open Floor 7:15-7:45	12:00 (Noon)	Open Floor/Demo/ Tournament 12:00-12:45
7:30	7:00-7:45	7:00-7:45	7:00-7:45	7:00-7:45		12:15	
7:45	Adult	Adult	Adult	Adult		12:30	
8:00	Krav Maga	Camo - Red	Krav Maga	Camo - Red		12:45	Break/Stretch
8:15	7:45-8:45	7:45-8:30	7:45-8:45	7:45-8:30		1:00	Black Belts 1st & 2nd Degree 1:00-2:00
8:30		High Rank		High Rank		1:15	
8:45		Open Floor		Open Floor		1:30	
9:00		8:30-9:00		8:30-9:00		1:45	
						2:00	Black Belts
						2:15	All 3rd Degrees
						2:30	& Higher
						2:45	2:00-3:00
						3:00	

Beginner: White, Orange, & Yellow Belts

Intermediate: Camo, Green, & Purple Belts

Advanced: Blue, Brown, Red, & Red/Black

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Tallahassee, FL 32308

Adult Class Schedule							
	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
3:45						8:30	
4:00						8:45	
4:15						9:00	Adult Kickboxing 9:00-10:00
4:30						9:15	
4:45						9:30	
5:00						9:45	
5:15						10:00	Stretch Class 10:00-10:30
5:30						10:15	
5:45						10:30	Family Class All Ages & All Ranks 10:30-11:15
6:00						10:45	
6:15	Black Belts		Black Belts			11:00	
6:30	All Ages & All Ranks		All Ages & All Ranks		Adult Sparring* 6:30-7:15	11:15	Hero Program* 11:15-12:00
6:45	6:15-7:00		6:15-7:00			11:30	
7:00	Adult	Adult	Adult	Adult		11:45	
7:15	Kickboxing	White, Orange, Yellow	Kickboxing	White, Orange, Yellow	Open Floor	12:00 (Noon)	Open Floor/Demo/

7:30	7:00-7:45	7:00-7:45	7:00-7:45	7:00-7:45	7:15-7:45	12:15	Tournament
7:45	Adult	Adult	Adult	Adult		12:30	12:00-12:45
8:00	Krav Maga	Camo - Red	Krav Maga	Camo - Red		12:45	Break/Stretch
8:15	7:45-8:45	7:45-8:30	7:45-8:45	7:45-8:30		1:00	Black Belts
8:30		High Rank		High Rank		1:15	1st & 2nd Degree
8:45		Open Floor		Open Floor		1:30	1:00-2:00
9:00		8:30-9:00		8:30-9:00		1:45	
Beginner: White, Orange, & Yellow Belts						2:00	Black Belts
Intermediate: Camo, Green, & Purple Belts						2:15	All 3rd Degrees
Advanced: Blue, Brown, Red, & Red/Black						2:30	& Higher
* Attendance by approval only						2:45	2:00-3:00
						3:00	

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Junior Class Schedule							
	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
3:45						8:30	
4:00	After School Program 4:00-4:45	After School Program 4:00-4:45	After School Program 4:00-4:45	After School Program 4:00-4:45	After School Program 4:00-4:45	8:45	
4:15						9:00	
4:30						9:15	
4:45						9:30	
5:00	Moogi Squad 5:00-5:30		Moogi Squad 5:00-5:30		Moogi Sparring 5:00-5:30	9:45	
5:15				10:00		Stretch Class 10:00-10:30	
5:30	Juniors	Juniors	Juniors	Juniors	Juniors Sparring* Beginner & Advanced	10:15	
5:45	White, Orange, Yellow	Camo, Green, Purple	White, Orange, Yellow	Camo, Green, Purple		10:30	Family Class 10:00-10:30
6:00	5:30-6:15	5:30-6:15	5:30-6:15	5:30-6:15		10:45	All Ages & All Ranks
6:15	Black Belts	Juniors	Black Belts	Juniors		11:00	10:30-11:15
6:30	All Ages & All Ranks	Blue, Brown, Red, Red/Black	All Ages & All Ranks	Blue, Brown, Red, Red/Black		11:15	Hero Program* 11:15-12:00
6:45	6:15-7:00	6:15-7:00	6:15-7:00	6:15-7:00		11:30	
7:00						11:45	
7:15						12:00 (Noon)	Open Floor/Demo/
7:30						12:15	Tournament
7:45						12:30	12:00-12:45
8:00						12:45	Break/Stretch
8:15						1:00	Black Belts
8:30						1:15	1st & 2nd Degree
8:45						1:30	1:00-2:00
9:00						1:45	
						2:00	Black Belts
						2:15	All 3rd Degrees
						2:30	& Higher
						2:45	2:00-3:00
						3:00	

Beginner: White, Orange, & Yellow Belts
Intermediate: Camo, Green, & Purple Belts
Advanced: Blue, Brown, Red, & Red/Black
 * Attendance by approval only

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	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
3:45						8:30	
4:00	After School Program 4:00-4:45	After School Program 4:00-4:45	After School Program 4:00-4:45	After School Program 4:00-4:45	After School Program 4:00-4:45	8:45	
4:15						9:00	
4:30						9:15	
4:45						9:30	
5:00	Moogi Squad 5:00-5:30		Moogi Squad 5:00-5:30		Moogi Sparring 5:00-5:30	9:45	
5:15				10:00		Stretch Class 10:00-10:30	
5:30	Juniors	Juniors	Juniors	Juniors	Juniors Sparring* Beginner & Advanced	10:15	
5:45	White, Orange, Yellow	Camo, Green, Purple	White, Orange, Yellow	Camo, Green, Purple		10:30	Family Class 10:00-10:30
6:00	5:30-6:15	5:30-6:15	5:30-6:15	5:30-6:15		10:45	All Ages & All Ranks
6:15	Black Belts	Juniors	Black Belts	Juniors		11:00	10:30-11:15
6:30	All Ages & All Ranks	Blue, Brown, Red, Red/Black	All Ages & All Ranks	Blue, Brown, Red, Red/Black		11:15	Hero Program* 11:15-12:00
6:45	6:15-7:00	6:15-7:00	6:15-7:00	6:15-7:00		11:30	
7:00						11:45	

7:15						12:00 (Noon)	Open Floor/Demo/ Tournament 12:00-12:45
7:30						12:15	
7:45						12:30	
8:00						12:45	Break/Stretch
8:15						1:00	Black Belts 1st & 2nd Degree 1:00-2:00
8:30						1:15	
8:45						1:30	
9:00						1:45	Black Belts All 3rd Degrees & Higher 2:00-3:00
Beginner: White, Orange, & Yellow Belts Intermediate: Camo, Green, & Purple Belts Advanced: Blue, Brown, Red, & Red/Black * Attendance by approval only						2:00	
						2:15	
						2:30	
						2:45	
						3:00	
						3:00	

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