

Empire Martial Arts

456-2582

www.AlbanyMMA.com

Krav Maga (Self Defense)

Mon/Wed	6:45pm
Tues/Thurs	6:00pm / 6:30pm
Saturday	10:45am

Fitness Bootcamp

Mon/Wed	5:45pm
Saturday	9:15am

MUAY THAI KICKBOXING

Mon/Wed	10:00am / 6:30pm
Tues/Thurs	8:15pm
Saturday	10:00am

Brazilian Jiu Jitsu

Mon/Wed	10:45am / 8:15pm
Tues/Thurs	7:00pm
Saturday	11:15am