



FREE ONLINE CLASSES

KEEP FIGHTING!

TUE AND THUR @ 5:30PM

SAT @ 10AM

Contact Program Director Will Kohler

[empiremuscle@rsbaffiliate.com](mailto:empiremuscle@rsbaffiliate.com)

313-580-6427

or join us through Zoom at the times above @ <https://zoom.us/j/4410616241>  
you will be automatically connected to the class at no charge