



ELMWOOD PARK – CLASS SCHEDULE
485 Boulevard * Elmwood Park, NJ * (201) 254-3570

Effective: March 5, 2012

www.tsk.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30p	4:30p	4:30p	4:30p	5:00p	10:00a
KICKBOXING CHILDREN / KIDS	CORE CHILDREN	KICKBOXING CHILDREN / KIDS	GRAPPLING KIDS	CORE CHILDREN	BEGINNER KICKBOXING ADULTS
5:15p	5:30p	5:15p	5:15p	6:15p	12:00p
GRAPPLING KIDS	GRAPPLING KIDS	GRAPPLING KIDS	KICKBOXING CHILDREN / KIDS	CORE KIDS	CORE CHILDREN
6:15p	6:30p	6:15p	6:00p	7:30p	1:15p
CORE KIDS	CORE KIDS	CORE KIDS	CORE CHILDREN	BEGINNER KICKBOXING ADULTS	CORE KIDS
7:00p	7:15p	7:00p	7:00p		
BEGINNER KICKBOXING ADULTS	INTER / ADV KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	INTER / ADV KICKBOXING ADULTS		
8:00p	8:30p	8:15p	8:00p		
GRAPPLING ADULTS	BEGINNER KICKBOXING ADULTS	GRAPPLING ADULTS	GRAPPLING ADULTS		
ADVANCED TRAINING – INVITATION ONLY					
8:00p	7:15p		8:00p		10:00a
ADVANCED GRAPPLING ADULTS	ADVANCED KIDS		ADVANCED GRAPPLING ADULTS		ADVANCED KICKBOXING KIDS
9:00p			9:00p		11:00a
ADVANCED KICKBOXING ADULTS			ADVANCED KICKBOXING ADULTS		ADVANCED GRAPPLING KIDS