



ASTORIA - CLASS SCHEDULE

31-01 Steinway St. Queens, NY 11103 (917) 832-1100

Effective: February 13th, 2012

www.tsk.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00p	4:00p	4:00p	4:00p	4:00p	10:00a
CORE CHILDREN	CORE KIDS	ADVANCED KIDS	CORE KIDS	CORE CHILDREN	GRAPPLING ADULTS
4:45p	4:45p	4:45p	4:45p	4:45p	11:00a
GRAPPLING CHILDREN	KICKBOXING CHILDREN / KIDS	KICKBOXING CHILDREN / KIDS	GRAPPLING KIDS	GRAPPLING CHILDREN	BEGINNER KICKBOXING ADULTS
5:30p	5:30p	5:30p	5:30p	5:30p	
GRAPPLING KIDS	GRAPPLING CHILDREN	GRAPPLING KIDS	GRAPPLING CHILDREN	KICKBOXING CHILDREN / KIDS	
6:15p	6:15p	6:15p	6:15p	6:15p	12:15p
CORE KIDS	CORE CHILDREN	CORE KIDS	CORE CHILDREN	GRAPPLING KIDS	CORE KIDS
7:15p	7:00p	7:15p	7:15p	7:15p	1:00p
BEGINNER KICKBOXING ADULTS	GRAPPLING ADULTS	BEGINNER KICKBOXING ADULTS	INTER / ADV KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	GRAPPLING KIDS
	8:00p		8:15p		1:45p
	BEGINNER KICKBOXING ADULTS		BEGINNER KICKBOXING ADULTS		KICKBOXING CHILDREN / KIDS
9:00p	9:15p	9:00p	9:15p	8:45p	
BEGINNER KICKBOXING ADULTS	INTER / ADV KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	GRAPPLING ADULTS	INTER / ADV KICKBOXING ADULTS	