



## BAYSIDE – CLASS SCHEDULE

38-46 Bell Boulevard \* (718) 423-5454

Effective: March 8<sup>th</sup>

[www.tsk.com](http://www.tsk.com)

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