



ISLANDIA – CLASS SCHEDULE

1726 Veteran's Memorial Hwy. * Islandia Shopping Center * (631) 342-8443

Effective: March 26th, 2012

www.tsk.com

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