

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00a	7:00a	7:00a	7:00a	7:00a	<b>MANHATTAN CLASS SCHEDULE</b> 39 WEST 19 <sup>TH</sup> St. NEW YORK 212-727-0773 www.tsk.com  <b>SCHILMAN'S MIXED MARTIAL ARTS</b>
GRAPPLING ADULTS	BAG TRAINING ADULTS	KICKBOXING 2 ADULTS	KICKBOXING 1 ADULTS	GRAPPLING ADULTS	
8:00a	8:00a	8:00a	8:00a	8:00a	
KICKBOXING 1 ADULTS	KICKBOXING 2 ADULTS	KICKBOXING 1 ADULTS	GRAPPLING ADULTS	BAG TRAINING	
9:00a	10:00a	9:00a		10:00a	
BASIC KICKBOXING ADULTS	BASIC KICKBOXING ADULTS	BASIC KICKBOXING ADULTS		BASIC KICKBOXING ADULTS	
11:00a	11:00a	11:00a	11:00a	11:00a	
GRAPPLING ADULTS	KICKBOXING 1 ADULTS	KICKBOXING 2 ADULTS	BAG TRAINING ADULTS	GRAPPLING ADULTS	
12:00p	12:00p	12:00p	12:00p	12:00p	
KICKBOXING 1 ADULTS	KICKBOXING 2 ADULTS	KICKBOXING 1 ADULTS	GRAPPLING ADULTS	BAG TRAINING	
		1:00p		1:00p	
		BASIC KICKBOXING ADULTS		BAG TRAINING	
1:00p		4:00p			
BASIC KICKBOXING ADULTS		CUBS 3 & 4			
4:00p	4:00p	4:00p	4:00p		
CUBS 3 & 4	CUBS 3 & 4	CORE CHILDREN	CUBS 3 & 4		
4:00p	4:00p	4:00p	4:00p	4:00p	
CORE CHILDREN	GRAPPLING CHILDREN	CORE KIDS	GRAPPLING KIDS	CORE CHILDREN	
4:00p				4:00p	
CORE KIDS				CORE KIDS	
	5:00p			5:00p	
	CORE CHILDREN			KICKBOXING CHILDREN	
5:00p	5:00p	5:00p	5:00p	5:00p	
KICKBOXING CHILDREN	KICKBOXING 1 ADULTS	GRAPPLING CHILDREN	KICKBOXING 1 ADULTS	KICKBOXING KIDS	
5:00p	5:30p	5:00p	5:00p	5:00p	
KICKBOXING KIDS	GRAPPLING ADULTS	GRAPPLING KIDS	CORE KIDS	GRAPPLING ADULTS	
5:30p	6:00p	5:30p	5:30p	6:00p	
KICKBOXING 1 ADULTS	KICKBOXING 2 ADULTS	KICKBOXING 1 ADULTS	KICKBOXING 2 ADULTS	BASIC KICKBOXING ADULTS	
6:00p	6:15p	6:00p	6:00p	6:00p	
KICKBOXING 1 ADULTS	BASIC KICKBOXING ADULTS	KICKBOXING 1 ADULTS	GRAPPLING ADULTS	BAG TRAINING	
6:15p	6:30p	6:15p	6:15p	7:00p	
BASIC KICKBOXING ADULTS	KICKBOXING 1 ADULTS	BASIC KICKBOXING ADULTS	BASIC KICKBOXING ADULTS	BAG TRAINING ADULTS	
6:30p	7:00p	6:30p	6:30p		
GRAPPLING ADULTS	BAG TRAINING ADULTS	KICKBOXING 2 ADULTS	BAG TRAINING ADULTS		
7:00p	7:30p	7:00p	7:00p		
KICKBOXING 2 ADULTS	BASIC KICKBOXING ADULTS	GRAPPLING ADULTS	KICKBOXING 1 ADULTS		
7:30p	7:30p	7:30p	7:30p		
KICKBOXING 1 ADULTS	KICKBOXING 2 ADULTS	BASIC KICKBOXING ADULTS	GRAPPLING ADULTS		
7:30p	8:00p	7:30p	7:30p		
BASIC KICKBOXING ADULTS	GRAPPLING ADULTS	BAG TRAINING ADULTS	BASIC KICKBOXING ADULTS		
8:00p	8:30p	8:30p	8:30p		
BAG TRAINING ADULTS	BOXING ADULTS	KICKBOXING 1 ADULTS	KICKBOXING 2 ADULTS		

<b>8:30p</b>	<b>8:30p</b>	<b>8:30p</b>	<b>8:30p</b>		
<b>GRAPPLING ADULTS</b>	<b>KICKBOXING 1 ADULTS</b>	<b>KICKBOXING 2 ADULTS</b>	<b>BAG TRAINING ADULTS</b>		