

## ADULT CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:00a INTER / ADV KICKBOXING ADULTS	7:00a BEGINNER KICKBOXING ADULTS	7:00a GRAPPLING ADULTS	7:00a BEGINNER KICKBOXING ADULTS	
8:15a	8:15a		8:15a	8:15a	
BEGINNER KICKBOXING ADULTS	GRAPPLING ADULTS		INTER / ADV KICKBOXING ADULTS	INTER / ADV KICKBOXING ADULTS	
					10:00a BEGINNER KICKBOXING ADULTS
11:00a			11:00a	11:00a	11:10a
BEGINNER KICKBOXING ADULTS			INTER / ADV KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER GRAPPLING ADULTS
12:15p	12:15p	12:15p	12:15p	12:15p	12:15p
GRAPPLING ADULTS	INTER / ADV KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	GRAPPLING ADULTS	INTER / ADV KICKBOXING ADULTS	INTER / ADV KICKBOXING ADULTS
5:30p	5:30p	5:30p	5:30p	5:30p	
BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	
5:30p	5:30p	5:30p	5:30p	5:30p	
INTER / ADV KICKBOXING ADULTS	INTER / ADV KICKBOXING ADULTS	GRAPPLING ADULTS	GRAPPLING ADULTS	GRAPPLING ADULTS	
		5:30p	5:30p		
		INTER / ADV KICKBOXING ADULTS	INTER / ADV KICKBOXING ADULTS		
6:35p	6:35p	6:35p	6:35p	6:35p	
BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	MANHATTAN
6:35p	6:35p	6:35p	6:35p	6:35p	
INTER / ADV GRAPPLING ADULTS	GRAPPLING ADULTS	INTER / ADV KICKBOXING ADULTS	INTER / ADV KICKBOXING ADULTS	INTER / ADV KICKBOXING ADULTS	39 WEST 19 <sup>TH</sup> St. NEW YORK
6:35p	6:35p				212-727-0773 www.tsk.com
INTER / ADV KICKBOXING ADULTS	INTER / ADV KICKBOXING ADULTS				 <p><b>TIGER</b> SCHILMAN'S MIXED MARTIAL ARTS</p>
7:40p	7:40p	7:40p	7:40p	7:40p	
BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	
7:40p	7:40p	7:40p			
INTER / ADV KICKBOXING ADULTS	INTER / ADV KICKBOXING ADULTS	GRAPPLING ADULTS			
8:45p		8:45p			
BEGINNER KICKBOXING ADULTS		BEGINNER KICKBOXING ADULTS			
8:45p		8:45p			
GRAPPLING ADULTS		INTER / ADV KICKBOXING ADULTS			

## CHILDREN & KIDS CLASS SCHEDULE

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>4:00p</b>	<b>4:00p</b>	<b>4:00p</b>	<b>4:00p</b>	<b>4:00p</b>	<b>10:00a</b>
<b>CORE CHILDREN</b>	<b>KICKBOXING CHILDREN / KIDS</b>	<b>CORE CHILDREN</b>	<b>CORE CHILDREN</b>	<b>CORE CHILDREN</b>	<b>CORE CHILDREN</b>
<b>4:00p</b>		<b>4:00p</b>	<b>4:00p</b>	<b>4:00p</b>	<b>11:00a</b>
<b>CORE KIDS</b>		<b>CORE KIDS</b>	<b>GRAPPLING CHILDREN</b>	<b>GRAPPLING KIDS</b>	<b>GRAPPLING CHILDREN</b>
<b>4:45p</b>	<b>4:45p</b>		<b>4:45p</b>	<b>4:45p</b>	<b>11:45a</b>
<b>GRAPPLING CHILDREN</b>	<b>CORE KIDS</b>		<b>CORE KIDS</b>	<b>KICKBOXING CHILDREN / KIDS</b>	<b>KICKBOXING CHILDREN / KIDS</b>
<b>4:45p</b>					<b>12:30p</b>
<b>GRAPPLING KIDS</b>					<b>GRAPPLING KIDS</b>
					<b>1:15p</b>
					<b>CORE KIDS</b>