



NANUET - CLASS SCHEDULE
428 Nanuet Mall South * (845) 624-8443

Effective: February 13, 2012

www.tsk.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:15p	4:30p	4:15p	4:15p	4:30p	9:30a
CORE CHILDREN	GRAPPLING CHILDREN / KIDS	KICKBOXING CHILDREN / KIDS	CORE KIDS	CORE CHILDREN	GRAPPLING ADULTS
5:30p	5:30p	5:00p	5:30p	5:45p	10:45a
GRAPPLING CHILDREN / KIDS	CORE CHILDREN	GRAPPLING CHILDREN / KIDS	GRAPPLING CHILDREN / KIDS	KICKBOXING CHILDREN / KIDS	BEGINNER KICKBOXING ADULTS
6:15p	7:00p	6:00p	6:30p	6:30p	12:30p
CORE KIDS	INTER / ADV KICKBOXING ADULTS	CORE KIDS	CORE CHILDREN	GRAPPLING CHILDREN / KIDS	CORE CHILDREN
7:30p	8:30p	7:30p	7:45p	7:30p	2:00p
BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	INTER / ADV KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	CORE KIDS
9:00p		9:00p	9:00p	9:00p	
GRAPPLING ADULTS		GRAPPLING ADULTS	BEGINNER KICKBOXING ADULTS	INTER / ADV KICKBOXING ADULTS	