



REGO PARK – CLASS SCHEDULE

97-27 Queens Blvd. * (718) 793-2467

Effective: October 21, 2011

www.tsk.com

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|----------------------------|
| 4:45p | 5:00p | 4:30p | 5:00p | 4:15p | 10:00a | 10:00a |
| GRAPPLING CHILDREN | GRAPPLING KIDS | KICKBOXING CHILDREN & KIDS | KICKBOXING CHILDREN | KICKBOXING CHILDREN & KIDS | BEGINNER KICKBOXING ADULTS | CORE CHILDREN |
| 5:30p | 5:00p | 5:15p | 5:00p | 5:00p | 10:15a | 10:45a |
| CORE CHILDREN | KICKBOXING CHILDREN | GRAPPLING CHILDREN | CORE KIDS | GRAPPLING KIDS | KICKBOXING CHILDREN | GRAPPLING CHILDREN |
| 5:30p | 5:45p | 5:15p | 5:45p | 5:00p | 10:15a | 11:00a |
| *CORE* KIDS | GRAPPLING CHILDREN | GRAPPLING KIDS | GRAPPLING CHILDREN | GRAPPLING CHILDREN | KICKBOXING KIDS | BEGINNER KICKBOXING ADULTS |
| 6:15p | 5:45p | 6:00p | 5:45p | 5:45p | 11:00a | 11:30p |
| GRAPPLING KIDS | CORE KIDS | CORE CHILDREN | GRAPPLING KIDS | CORE CHILDREN | GRAPPLING CHILDREN | KICKBOXING CHILDREN |
| 6:30p | 6:30p | 6:00p | 6:30p | 5:45p | 11:00a | 12:15p |
| BEGINNER KICKBOXING ADULTS | CORE CHILDREN | CORE KIDS | CORE CHILDREN | CORE KIDS | GRAPPLING KIDS | CORE KIDS |
| 7:00p | 7:00p | 6:45p | 7:00p | 6:30p | 11:00a | 1:00p |
| KICKBOXING KIDS | INTER / ADV KICKBOXING ADULTS | ADVANCED KIDS | BEGINNER KICKBOXING ADULTS | BEGINNER KICKBOXING ADULTS | BEGINNER GRAPPLING ADULTS | GRAPPLING KIDS |
| 7:30p | 8:00p | 7:00p | 8:00p | 6:30p | 11:45a | 1:45p |
| BEGINNER GRAPPLING ADULTS | BEGINNER GRAPPLING ADULTS | BEGINNER KICKBOXING ADULTS | BEGINNER GRAPPLING ADULTS | INTER / ADV KICKBOXING ADULTS | CORE CHILDREN | KICKBOXING KIDS |
| 7:30p | 8:00p | 8:00p | 8:00p | 7:30p | 11:45a | |
| ADVANCED GRAPPLING ADULTS | ADVANCED GRAPPLING ADULTS | ADVANCED GRAPPLING ADULTS | ADVANCED GRAPPLING ADULTS | ADVANCED GRAPPLING ADULTS | CORE KIDS | |
| 8:30p | 9:00p | 8:00p | 9:00p | | 12:00p | |
| BEGINNER KICKBOXING ADULTS | BEGINNER KICKBOXING ADULTS | BEGINNER GRAPPLING ADULTS | INTER / ADV KICKBOXING ADULTS | | INTER / ADV KICKBOXING ADULTS | |
| 8:30p | 9:00p | 9:00p | 9:00p | | | |
| INTER / ADV KICKBOXING ADULTS | ADVANCED ADULTS | INTER / ADV KICKBOXING ADULTS | BEGINNER KICKBOXING ADULTS | | | |
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