



## ROCKVILLE CENTRE - CLASS SCHEDULE

274 Sunrise Highway \* (516) 594-8443

Effective: April 9, 2012

[www.tsk.com](http://www.tsk.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00p	4:30p	4:00p	4:00p	4:00p	9:00a
CORE CHILDREN	GRAPPLING CHILDREN / KIDS	KICKBOXING CHILDREN / KIDS	CORE KIDS	CORE CHILDREN	BEGINNER KICKBOXING ADULTS
5:15p	5:30p	4:45p	5:15p	5:15p	10:30a
GRAPPLING CHILDREN / KIDS	CORE CHILDREN	GRAPPLING CHILDREN / KIDS	GRAPPLING CHILDREN / KIDS	GRAPPLING CHILDREN / KIDS	GRAPPLING ADULTS
6:15p	6:45p	5:45p	6:15p	6:00p	11:45a
CORE KIDS	GRAPPLING ADULTS	CORE KIDS	CORE CHILDREN	KICKBOXING CHILDREN / KIDS	CORE CHILDREN
7:30p	7:45p	7:00p	7:30p	7:00p	1:00p
BEGINNER KICKBOXING ADULTS	INTER / ADV KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	GRAPPLING ADULTS	INTER / ADV KICKBOXING ADULTS	GRAPPLING CHILDREN / KIDS
9:00p	9:00p	8:30p	8:45p	8:15p	1:45p
BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	KICKBOXING CHILDREN / KIDS
					2:45p
					CORE KIDS