



YONKERS - CLASS SCHEDULE

2500-10 Central Park Ave. * (914) 779-4900

Effective: February 27, 2012

www.tsk.com

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------|----------------------------|-------------------------------|----------------------------|-------------------------------|----------------------------|
| 4:15p | 4:45p | 4:30p | 4:30p | 4:15p | 10:30a |
| CORE CHILDREN | CORE CHILDREN | KICKBOXING CHILDREN / KIDS | CORE KIDS | GRAPPLING CHILDREN | BEGINNER KICKBOXING ADULTS |
| 5:30p | 6:00p | 5:15p | 5:45p | 5:00p | 12:00p |
| GRAPPLING KIDS | GRAPPLING CHILDREN | GRAPPLING KIDS | GRAPPLING CHILDREN / KIDS | CORE CHILDREN | CORE CHILDREN |
| 6:15p | 6:45p | 6:00p | 6:30p | 6:15p | 1:15p |
| CORE KIDS | CORE KIDS | CORE KIDS | CORE CHILDREN | KICKBOXING CHILDREN / KIDS | GRAPPLING CHILDREN / KIDS |
| 7:30p | 8:00p | 7:15p | 7:45p | 7:00p | 2:00p |
| BEGINNER KICKBOXING ADULTS | GRAPPLING ADULTS | BEGINNER KICKBOXING ADULTS | GRAPPLING ADULTS | BEGINNER KICKBOXING ADULTS | KICKBOXING CHILDREN / KIDS |
| 9:00p | 9:00p | 8:45p | 8:45p | 8:30p | 2:45p |
| INTER / ADV KICKBOXING ADULTS | BEGINNER KICKBOXING ADULTS | INTER / ADV KICKBOXING ADULTS | BEGINNER KICKBOXING ADULTS | GRAPPLING ADULTS | CORE KIDS |
| | | | | 9:30p | |
| | | | | INTER / ADV KICKBOXING ADULTS | |