



## ABINGTON CLASS SCHEDULE

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Effective: 8/7/17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:45p	4:45p	5:00p	4:45p	5:00p	9:00a
BEGINNER LITTLE TIGERS	GRAPPLING TIGERS	INT/ADV TIGERS	BEGINNER TIGERS	BEGINNER LITTLE TIGERS	ADVANCED KICKBOXING ADULTS
5:30p	5:30p	5:45p	5:30p	5:45p	10:00a
GRAPPLING ALL TIGERS	INT/ADV TIGERS	GRAPPLING TIGERS	GRAPPLING TIGERS	INT/ADV TIGERS	CLOSE-RANGE DEFENSE ADULTS
6:15p	6:15p	6:30p	6:15p	6:30p	11:00a
BEGINNER TIGERS	BEGINNER LITTLE TIGERS	BEGINNER TIGERS	INT/ADV TIGERS	GRAPPLING TIGERS	BEGINNER KICKBOXING ADULTS
7:15p	7:15p	7:30p	7:15p	7:30p	12:15p
BEGINNER KICKBOXING ADULTS	ADVANCED KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	ADVANCED KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER LITTLE TIGERS
8:15p	8:15p	8:30p	8:15p		1:00p
INTERMEDIATE KICKBOXING ADULTS	CLOSE-RANGE DEFENSE ADULTS	INTERMEDIATE KICKBOXING ADULTS	CLOSE-RANGE DEFENSE ADULTS		GRAPPLING ALL TIGERS
9:15p	9:15p		9:15p		1:45p
ADVANCED KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS		BEGINNER KICKBOXING ADULTS		BEGINNER TIGERS
					2:30p
					INT/ADV TIGERS
					3:15p
					GRAPPLING TIGERS