



## ABINGTON CLASS SCHEDULE

1901 Old York Road, Abington PA 19001 - Phone (215) 366-7817

abington@tsk.com

<https://www.facebook.com/abington.tsmma>

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

Text Line (267) 495-4731

Effective: 11/14/2016

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