



ALLENTOWN - CLASS SCHEDULE

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Effective: 09-05-17

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