



ASTORIA- CLASS SCHEDULE

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Effective: 9/11/17

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