



## BAY RIDGE - CLASS SCHEDULE

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[tskbayridge.com](http://tskbayridge.com)

Effective: June 16, 2016

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