



BAY RIDGE - CLASS SCHEDULE

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Effective: June 16, 2016

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