



## BAYSIDE - CLASS SCHEDULE

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Effective: September 7th, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00a	9:00a	9:00a	9:00a	9:00a	8:30a	9:00a
BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS
10:00a	4:00p	10:00a	4:00p	4:00p	9:30a	10:00a
BEGINNER CLOSE-RANGE DEFENSE ADULTS	KICKBOXING TIGERS	BEGINNER CLOSE-RANGE DEFENSE ADULTS	CORE LITTLE TIGERS	KICKBOXING TIGERS	BEGINNER CLOSE-RANGE DEFENSE ADULTS	BB TEST PREP GRAPPLING
4:00p	4:45p	4:45p	4:45p	4:45p	10:30a	10:45a
CORE LITTLE TIGERS	GRAPPLING TIGERS	KICKBOXING TIGERS	CORE TIGERS	GRAPPLING TIGERS	INTERMEDIATE KICKBOXING ADULTS	BB TEST PREP KICKBOXING
4:45p	5:30p	5:30p	5:30p	5:30p	11:30a	11:30a
CORE TIGERS	CORE TIGERS	GRAPPLING TIGERS	GRAPPLING TIGERS	CORE LITTLE TIGERS	KARATE CUBS	COMPETITION TRAINING GRAPPLING
5:30p	6:15p	6:15p	6:15p	6:15p	12:15p	12:15p
GRAPPLING TIGERS	CORE LITTLE TIGERS	CORE TIGERS	KICKBOXING TIGERS	CORE TIGERS	CORE LITTLE TIGERS	COMPETITION TRAINING KICKBOXING
6:15p	7:00p	7:00p	7:00p	7:00p	1:00p	
KICKBOXING TIGERS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	ADVANCED KICKBOXING ADULTS	INT/ADV CLOSE-RANGE DEFENSE ADULTS	CORE TIGERS	
7:00p	8:00p	8:00p	8:00p	8:00p	1:45p	
BEGINNER KICKBOXING ADULTS	BEGINNER CLOSE-RANGE DEFENSE ADULTS	BEGINNER CLOSE-RANGE DEFENSE ADULTS	INT/ADV CLOSE-RANGE DEFENSE ADULTS	ADVANCED KICKBOXING ADULTS	GRAPPLING TIGERS	
8:00p	9:00p	9:00p	9:00p		2:30p	
ADVANCED KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS		KICKBOXING TIGERS	
9:00p					3:15p	
INT/ADV CLOSE-RANGE DEFENSE ADULTS					ADVANCED TIGERS	