



CHELSEA - MORNING & LUNCHTIME CLASS SCHEDULE

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Effective: August 31, 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00a	6:00a	6:00a	6:00a	6:00a	9:30a	9:30a
BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER CLOSE-RANGE DEFENSE ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS
7:00a	7:00a	7:00a	7:00a	7:00a	10:40a	10:40a
INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER CLOSE-RANGE DEFENSE ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER CLOSE-RANGE DEFENSE ADULTS	BEGINNER CLOSE-RANGE DEFENSE ADULTS
8:00a	8:00a	8:00a	8:00a	8:00a	11:40a	11:40a
INT/ADV CLOSE-RANGE DEFENSE ADULTS	ADVANCED KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	ADVANCED KICKBOXING ADULTS	INT/ADV CLOSE-RANGE DEFENSE ADULTS	INTERMEDIATE KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS
11:00a	11:00a	11:00a	11:00a	11:00a		12:40p
INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER CLOSE-RANGE DEFENSE ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS		ADVANCED KICKBOXING ADULTS
12:00p	12:00p	12:00p	12:00p	12:00p		
BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER CLOSE-RANGE DEFENSE ADULTS	INTERMEDIATE KICKBOXING ADULTS		