



COLMAR - CLASS SCHEDULE

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Effective: November 21, 2016

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