



ELMWOOD PARK CLASS SCHEDULE - ADULTS

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Effective: September 11, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		8:45a		8:45a	9:00a MAT 1	
		BEGINNER KICKBOXING ADULTS		BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	
10:00a	10:00a	10:00a	10:00a	10:00a	9:00a MAT 2	10:00a
ADVANCED KICKBOXING ADULTS	INSTRUCTOR ONLY TRAINING	WRESTLING	ADVANCED GRAPPLING ADULTS	ADVANCED MMA ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS
11:00a	11:00a	11:00a	11:00a	11:00a	10:00a	
ADVANCED KICKBOXING ADULTS	INSTRUCTOR ONLY TRAINING	ADVANCED KICKBOXING ADULTS	ADVANCED KICKBOXING ADULTS	ADVANCED KICKBOXING ADULTS	CLOSE-RANGE DEFENSE ADULTS	
3:00p		3:00p		3:00p		
CLOSE-RANGE DEFENSE POLICE		CLOSE-RANGE DEFENSE POLICE		CLOSE-RANGE DEFENSE POLICE		
4:00p MAT 1		4:00p MAT 1		4:00p MAT 1		
BEGINNER KICKBOXING ADULTS		BEGINNER KICKBOXING ADULTS		BEGINNER KICKBOXING ADULTS		
4:00p MAT 2		4:00p MAT 2		4:00p MAT 2		
INTERMEDIATE KICKBOXING ADULTS		INTERMEDIATE KICKBOXING ADULTS		INTERMEDIATE KICKBOXING ADULTS		
7:00p MAT 1	7:00p	7:00p	7:00p	7:00p MAT 1		
BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER CLOSE-RANGE DEFENSE ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS		
7:00p MAT 2	8:00p	8:00p	8:00p	7:00p MAT 2		
INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS		
8:00p	9:00p	9:00p	9:00p			
BEGINNER CLOSE-RANGE DEFENSE ADULTS	ADVANCED CLOSE-RANGE DEFENSE ADULTS	INTERMEDIATE KICKBOXING ADULTS	ADVANCED CLOSE-RANGE DEFENSE ADULTS			
9:00p	9:00p					
ADVANCED KICKBOXING ADULTS	ADVANCED KICKBOXING ADULTS					