



GLENDALE - CLASS SCHEDULE

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FIND US ON FACEBOOK AND INSTAGRAM

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SCHOOL TEXT LINE 646-893-9575

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