



**HAUPPAUGE - CLASS SCHEDULE**  
 694 Motor Parkway, Motor Parkway Plaza  
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Effective: March 13, 2017

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