



HAUPPAUGE - CLASS SCHEDULE

694 Motor Parkway, Motor Parkway Plaza

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Effective: September 05, 2017

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