



HOBOKEN - CLASS SCHEDULE

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Effective: September 5th, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1:00p			1:00p	3:30p	9:00a	9:00a
BEGINNER KICKBOXING ADULTS			BEGINNER KICKBOXING ADULTS	KARATE CUBS	KARATE CUBS	BEGINNER KICKBOXING ADULTS
4:00p		4:00p	4:15p	4:30p	10:00a	10:00a
BEGINNER LITTLE TIGERS		BEGINNER LITTLE TIGERS	BEGINNER LITTLE TIGERS	INTERMEDIATE TIGERS	INTERMEDIATE KICKBOXING ADULTS	ADVANCED KICKBOXING ADULTS
4:45p	4:45p	4:45p	5:00p	5:15p	11:30a	12:30p
BEGINNER TIGERS	INTERMEDIATE TIGERS	INTERMEDIATE TIGERS	GRAPPLING LITTLE TIGERS	GRAPPLING TIGERS	BEGINNER LITTLE TIGERS	BEGINNER LITTLE TIGERS
5:30p	5:30p	5:30p	5:45p	6:00p	12:15p	12:30p
GRAPPLING TIGERS	GRAPPLING LITTLE TIGERS	GRAPPLING TIGERS	INTERMEDIATE TIGERS	BEGINNER TIGERS	GRAPPLING LITTLE TIGERS	BEGINNER TIGERS
6:15p	6:15p	6:15p	6:30p	6:45p	1:00p	
INTERMEDIATE TIGERS	BEGINNER LITTLE TIGERS	BEGINNER TIGERS	GRAPPLING TIGERS	BEGINNER KICKBOXING ADULTS	INTERMEDIATE TIGERS	
6:15p	7:15p	7:15p	7:15p	7:45p	1:45p	
ADVANCED TIGERS	BEGINNER KICKBOXING ADULTS	CLOSE-RANGE DEFENSE ADULTS	ADVANCED TIGERS	CLOSE-RANGE DEFENSE ADULTS	GRAPPLING TIGERS	
7:00p	8:15p	8:15p	8:00p	8:45p	2:30p	
CLOSE-RANGE DEFENSE ADULTS	INTERMEDIATE KICKBOXING ADULTS	ADVANCED KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	ADVANCED KICKBOXING ADULTS	ADVANCED TIGERS	
8:00p			9:00p			
INTERMEDIATE KICKBOXING ADULTS			BEGINNER KICKBOXING ADULTS			
8:00p						

ADVANCED KICKBOXING ADULTS						
9:00p						
BEGINNER KICKBOXING ADULTS						