



MANHASSET - CLASS SCHEDULE

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Effective: 09/11/17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:15p		4:15p	4:30p	4:00p	9:00a	9:30a
INTERMEDIATE TIGERS		GRAPPLING TIGERS	INTERMEDIATE TIGERS	BEGINNER LITTLE TIGERS	INTERMEDIATE KICKBOXING ADULTS	KARATE CUBS
5:00p	5:15p	5:00p	5:15p	4:45p	10:00a	
GRAPPLING TIGERS	GRAPPLING LITTLE TIGERS	INTERMEDIATE TIGERS	GRAPPLING LITTLE TIGERS	INTERMEDIATE TIGERS	CLOSE-RANGE DEFENSE ADULTS	
6:00p	6:00p	6:00p	6:00p	5:30p	11:00a	
BEGINNER TIGERS	BEGINNER LITTLE TIGERS	BEGINNER TIGERS	BEGINNER LITTLE TIGERS	GRAPPLING TIGERS	BEGINNER LITTLE TIGERS	
7:00p	7:00p	7:00a	7:00p	6:15p	11:45a	
INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	CLOSE-RANGE DEFENSE ADULTS	INTERMEDIATE KICKBOXING ADULTS	ADVANCED TIGERS	GRAPPLING TIGERS	
8:00p	8:00p	8:00p	8:00p	7:30p	12:30p	
BEGINNER KICKBOXING ADULTS	CLOSE-RANGE DEFENSE ADULTS	ADVANCED KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	INTERMEDIATE TIGERS	
					1:15p	
					BEGINNER TIGERS	
					3:00p	
					BIRTHDAY PARTY	