



GRAMERCY- ADULT CLASS SCHEDULE

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Effective: April 17, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00p		12:00p	12:00p	12:00p	10:00a
BEGINNER KICKBOXING ADULTS		INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS
1:00p		1:00p	1:00p	1:00p	11:00a
INTERMEDIATE KICKBOXING ADULTS		BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER CLOSE-RANGE DEFENSE ADULTS
5:30p	5:30p	5:30p	5:30p	5:30p	11:00a
BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	ADVANCED KICKBOXING ADULTS	INT/ADV CLOSE- RANGE DEFENSE ADULTS	INT/ADV CLOSE- RANGE DEFENSE ADULTS
6:30p	6:30p	6:30p	6:30p	6:30p	12:00p
INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS
7:30p	7:30p	7:30p	7:30p	7:30p	12:00p
BEGINNER KICKBOXING ADULTS	ADVANCED KICKBOXING ADULTS	BEGINNER CLOSE-RANGE DEFENSE ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	ADVANCED KICKBOXING ADULTS
8:30p	8:30p	7:30p	7:30p		
BEGINNER CLOSE-RANGE DEFENSE ADULTS	INT/ADV CLOSE- RANGE DEFENSE ADULTS	INT/ADV CLOSE- RANGE DEFENSE ADULTS	BEGINNER KICKBOXING ADULTS		
8:30p		8:30p			
INT/ADV CLOSE- RANGE DEFENSE ADULTS		INTERMEDIATE KICKBOXING ADULTS			
		8:30p			
		ADVANCED KICKBOXING ADULTS			