



## MIDDLE VILLAGE - CLASS SCHEDULE

61-22 Fresh Pond Rd Middle Village NY, 11379 \* (347)354-2538

Email: MiddleVillage@tsk.com

Instagram: @tsmmamiddlevillage \* Facebook: facebook.com/tsmmamiddlevillage

[www.middlevillagemma.com](http://www.middlevillagemma.com)

Text Line: (347) 974-2012

Effective: May 1, 2017

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