



## MIDDLE VILLAGE - CLASS SCHEDULE

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Effective: September 18, 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	ADVANCED TIGERS	BEGINNER LITTLE TIGERS	GRAPPLING TIGERS	BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS
5:15p	5:45p	5:15p	5:45p	4:30p	11:15a
GRAPPLING TIGERS	GRAPPLING LITTLE TIGERS	GRAPPLING TIGERS	BEGINNER TIGERS	BEGINNER TIGERS	GRAPPLING LITTLE TIGERS
6:00p	6:30p	6:00p	6:45p	5:30p	12:00p
BEGINNER TIGERS	BEGINNER LITTLE TIGERS	BEGINNER TIGERS	BEGINNER KICKBOXING ADULTS	INTERMEDIATE TIGERS	BEGINNER TIGERS
7:00p	7:30p	7:00p	8:00p	6:45p	12:45p
BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	CLOSE-RANGE DEFENSE ADULTS	INTERMEDIATE KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	GRAPPLING TIGERS
8:00p	8:30p	8:00p			1:30p
CLOSE-RANGE DEFENSE ADULTS	ADVANCED KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS			INTERMEDIATE TIGERS
					2:15p
					ADVANCED TIGERS