



MIDWOOD - CLASS SCHEDULE

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Effective: August 21st, 2017

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