



NEW WINDSOR - CLASS SCHEDULE

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Effective: April 25, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				3:00p	9:00a
				KARATE CUBS	INTERMEDIATE KICKBOXING ADULTS
4:30p	4:30p	4:30p	4:30p	4:30p	10:15a
BEGINNER LITTLE TIGERS	GRAPPLING TIGERS	BEGINNER LITTLE TIGERS	GRAPPLING TIGERS	BEGINNER TIGERS	BEGINNER KICKBOXING ADULTS
5:30p	5:30p	5:30p	5:30p	5:30p	11:30a
INTERMEDIATE TIGERS	BEGINNER TIGERS	INTERMEDIATE TIGERS	BEGINNER TIGERS	GRAPPLING TIGERS	KARATE CUBS
6:15p	6:15p	6:15p		6:15p	12:30p
BEGINNER TIGERS	INTERMEDIATE TIGERS	GRAPPLING TIGERS		INTERMEDIATE TIGERS	BEGINNER TIGERS
7:00p	7:00p	7:00p	6:30p	7:00p	1:15p
BEGINNER KICKBOXING ADULTS	INT/ADV CLOSE- RANGE DEFENSE ADULTS	BEGINNER KICKBOXING ADULTS	ADVANCED KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	GRAPPLING TIGERS
8:15p	8:00p	8:00p	7:30p	8:00p	2:00p
BEGINNER CLOSE- RANGE DEFENSE ADULTS	INTERMEDIATE KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	INT/ADV CLOSE- RANGE DEFENSE ADULTS	BEGINNER CLOSE-RANGE DEFENSE ADULTS	INTERMEDIATE TIGERS
9:15p			8:30p		3:00p
INTERMEDIATE KICKBOXING ADULTS			BEGINNER KICKBOXING ADULTS		BIRTHDAY PARTY