



NEW WINDSOR - CLASS SCHEDULE

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SCHOOL TEXT LINE : 585-653-8784 (text only)

Effective: September 6th, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	3:30p				9:00a	9:30a
	KARATE CUBS				KARATE CUBS	BEGINNER KICKBOXING ADULTS
4:30p	4:30p	4:30p	4:30p	4:30p	10:00a	10:45a
BEGINNER LITTLE TIGERS	INTERMEDIATE TIGERS	BEGINNER TIGERS	GRAPPLING LITTLE TIGERS	BEGINNER TIGERS	INTERMEDIATE KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS
5:15p	5:30p	5:30p	5:15p	5:30p	11:15a	11:45a
GRAPPLING LITTLE TIGERS	GRAPPLING TIGERS	GRAPPLING TIGERS	BEGINNER LITTLE TIGERS	GRAPPLING TIGERS	BEGINNER KICKBOXING ADULTS	CLOSE-RANGE DEFENSE ADULTS
6:00p	6:15p	6:15p	6:00p	6:15p	12:30p	12:45p
INTERMEDIATE TIGERS	BEGINNER TIGERS	INTERMEDIATE TIGERS	ADVANCED TIGERS	INTERMEDIATE TIGERS	BEGINNER ALL TIGERS	ADVANCED KICKBOXING ADULTS
6:45p	7:00p	7:00p	6:45p	7:00p	1:15p	
GRAPPLING TIGERS	ADVANCED TIGERS	BEGINNER KICKBOXING ADULTS	CLOSE-RANGE DEFENSE ADULTS	INTERMEDIATE KICKBOXING ADULTS	GRAPPLING ALL TIGERS	
7:30p	7:45p	8:00p	7:45p	8:00p	2:00p	
BEGINNER KICKBOXING ADULTS	CLOSE-RANGE DEFENSE ADULTS	INTERMEDIATE KICKBOXING ADULTS	ADVANCED KICKBOXING ADULTS	ADVANCED KICKBOXING ADULTS	INTERMEDIATE TIGERS	
8:30p	8:45p	9:00p	8:45p		2:45p	
INTERMEDIATE KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	CLOSE-RANGE DEFENSE ADULTS	BEGINNER KICKBOXING ADULTS		ADVANCED TIGERS	