



NORTH PLAINFIELD - CLASS SCHEDULE

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908-791-5413 (only for texting)

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Effective: July 3rd, 2017

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

*For information about Private Lessons, please contact us.