



NORTH PLAINFIELD - CLASS SCHEDULE

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Effective: September 5, 2017 - Fall 2017 & Spring 2018 Schedule

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

*If interested in Private Lessons, please contact us to go over pricing and lesson options.