



## PARAMUS - CLASS SCHEDULE

176A Route 17 North, Paramus NJ 07652 \* (201) 262-4389

paramus@tsk.com

Facebook- Tiger Schulmann's Mixed Martial Arts Paramus

[www.paramusmixedmartialarts.com](http://www.paramusmixedmartialarts.com)

SCHOOL TEXT LINE- (201) 310-7035

Effective: June 26th 2017

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