



RED BANK - CLASS SCHEDULE

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Effective: September 11, 2017

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