



RED BANK - CLASS SCHEDULE

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Effective: May 15, 2017

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