



REGO PARK - CLASS SCHEDULE

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Effective: September 2016

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