



ROCKVILLE CENTRE - CLASS SCHEDULE

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Effective: July 1, 2017

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