



SEAFORD - CLASS SCHEDULE

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Effective: November 1, 2016

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