



SMITHTOWN - CLASS SCHEDULE

10 MILLER PLACE - VILLAGE COMMON SHOPPING CENTER
SMITHTOWN@TSK.COM

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<http://tsk.com/locations/new-york-locations/smithtown>

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Effective: September 6th 2016

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------------|--------------------------------|------------------------------------|-------------------------------------|--------------------------------|------------------------------------|
| 4:30p | 4:45p | 4:15p | 4:30p | 4:30p | 9:00a |
| CORE LITTLE TIGERS | KICKBOXING TIGERS | GRAPPLING TIGERS | KICKBOXING TIGERS | CORE LITTLE TIGERS | ADVANCED KICKBOXING ADULTS |
| 5:30p | 5:30p | 5:15p | 5:30p | 5:15p | 10:00a |
| GRAPPLING TIGERS | GRAPPLING TIGERS | CORE TIGERS | CORE LITTLE TIGERS | GRAPPLING TIGERS | INT/ADV CLOSE-RANGE DEFENSE ADULTS |
| 6:30p | 6:30p | 6:30p | 6:45p | 6:00p | 11:00a |
| CORE TIGERS | CORE LITTLE TIGERS | BEGINNER KICKBOXING ADULTS | ADVANCED KICKBOXING ADULTS | KICKBOXING TIGERS | INTERMEDIATE KICKBOXING ADULTS |
| 7:30p | 7:45p | 7:45p | 7:45p | 6:45p | 12:15p |
| BEGINNER KICKBOXING ADULTS | INTERMEDIATE KICKBOXING ADULTS | INT/ADV CLOSE-RANGE DEFENSE ADULTS | BEGINNER CLOSE-RANGE DEFENSE ADULTS | CORE TIGERS | CORE TIGERS |
| 9:00p | 9:00p | 9:00p | 9:00p | 7:45p | 1:15p |
| BEGINNER CLOSE-RANGE DEFENSE ADULTS | BEGINNER KICKBOXING ADULTS | INTERMEDIATE KICKBOXING ADULTS | BEGINNER KICKBOXING ADULTS | BEGINNER KICKBOXING ADULTS | GRAPPLING TIGERS |
| | | | | 8:45p | 2:00p |
| | | | | INTERMEDIATE KICKBOXING ADULTS | KICKBOXING TIGERS |
| | | | | | 3:15p |
| | | | | | BIRTHDAY PARTY |