



## STAMFORD CLASS SCHEDULE

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Effective: September 5, 2017

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