



NEW DORP - CLASS SCHEDULE

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Effective: September 5, 2017

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