



## TSMA SYOSSET - CLASS SCHEDULE

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Effective: September 6th, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15a	7:15p	9:30a	7:15p	9:15a	8:15a
INT/ADV CLOSE-RANGE DEFENSE ADULTS	ADVANCED KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	INT/ADV CLOSE-RANGE DEFENSE ADULTS	INT/ADV CLOSE-RANGE DEFENSE ADULTS	INTERMEDIATE KICKBOXING ADULTS
10:15a	7:15p	7:15p	7:15p	10:15a	9:30a
INTERMEDIATE KICKBOXING ADULTS	BEGINNER CLOSE-RANGE DEFENSE ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER CLOSE-RANGE DEFENSE ADULTS	INTERMEDIATE KICKBOXING ADULTS	INT/ADV CLOSE-RANGE DEFENSE ADULTS
11:30a	8:30p	8:15p	8:30p	11:30a	
SPARRING ADULTS	INT/ADV CLOSE-RANGE DEFENSE ADULTS	INTERMEDIATE KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	SPARRING ADULTS	
7:15p	8:30p	9:15p	8:30p		
BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	ADVANCED KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS		
8:15p					
INTERMEDIATE KICKBOXING ADULTS					
9:15p					
BEGINNER CLOSE-RANGE DEFENSE ADULTS					