



YONKERS - CLASS SCHEDULE

2500-10 Central Park ave * (914) 337-6381

Email - Yonkers@tsk.com

Facebook-www.facebook.com/tsmmayonkers

Instagram-[tsmmayonkers](https://www.instagram.com/tsmmayonkers)

Website - tskyonkers.com

Effective: July 1st 2016

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