



## BAYSIDE - CLASS SCHEDULE

215-15 NORTHERN BLVD. (718) 569-7931

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Effective: July 1st, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00a	9:00a	9:00a	9:00a	9:00a	8:30a	9:00a
BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS
10:00a	4:00p	10:00a	4:00p	4:00p	9:30a	
JIU-JITSU ADULTS	INTERMEDIATE TIGERS	JIU-JITSU ADULTS	BEGINNER LITTLE TIGERS	INTERMEDIATE TIGERS	JIU-JITSU ADULTS	
4:45p	4:45p	4:00p	4:45p	4:45p	10:30a	
INTERMEDIATE TIGERS	JIU-JITSU TIGERS	BEGINNER LITTLE TIGERS	BEGINNER TIGERS	JIU-JITSU TIGERS	INTERMEDIATE KICKBOXING ADULTS	
5:30p	5:30p	4:45p	5:30p	5:30p	11:30a	
JIU-JITSU TIGERS	BEGINNER TIGERS	JIU-JITSU LITTLE TIGERS	JIU-JITSU TIGERS	BEGINNER LITTLE TIGERS	KARATE CUBS	
6:15p	6:15p	5:30p	6:15p	6:15p	12:15p	
BEGINNER TIGERS	BEGINNER LITTLE TIGERS	BEGINNER TIGERS	INTERMEDIATE TIGERS	JIU-JITSU LITTLE TIGERS	BEGINNER LITTLE TIGERS	
7:00p	7:00p	6:15p	7:00p	7:00p	1:00p	
BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	JIU-JITSU TIGERS	ADVANCED KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	JIU-JITSU LITTLE TIGERS	
8:00p	8:00p	7:00p	8:00p		1:45p	
JIU-JITSU ADULTS	JIU-JITSU ADULTS	ADVANCED TIGERS	JIU-JITSU ADULTS		BEGINNER TIGERS	
9:00p	9:00p	7:45p	9:00p		2:30p	
ADVANCED KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS		JIU-JITSU TIGERS	
		8:45p			3:15p	
		INTERMEDIATE KICKBOXING ADULTS			ADVANCED TIGERS	