



BAYSIDE - CLASS SCHEDULE

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

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Effective: June 4th, 2018

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