



BETHLEHEM - CLASS SCHEDULE

3692 Linden Street, Bethlehem, PA 18017 * 610-709-5240

bethlehem@tsk.com

FB: Tiger Schulmann's MMA Bethlehem

tskbethlehem.com

TEXT: 484-893-0051

School Reminder Texts: Text @tigerschu to 81010

Effective: January 5, 2019

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