



BETHLEHEM - CLASS SCHEDULE

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Effective: April 1, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					8:00a
					ADVANCED KICKBOXING ADULTS 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
BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	ADVANCED KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER LITTLE TIGERS
8:00p	8:00p	8:00p	8:00p	8:00p	12:30p
BEGINNER JIU- JITSU ADULTS	INT/ADV JIU- JITSU ADULTS	BEGINNER JIU- JITSU ADULTS	INT/ADV JIU- JITSU ADULTS	JIU-JITSU ADULTS	BEGINNER TIGERS
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
					2:45p
					ADVANCED JIU- JITSU TIGERS INVITATION ONLY