



CHELSEA - MORNING & LUNCHTIME CLASS SCHEDULE

688 Avenue of The Americas New York, NY 10011

(646) 590-9634

chelsea@tsk.com

tskchelsea.com

facebook.com/tsmmachelsea

instagram.com/tsmma_chelsea

Effective: August 31, 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00a	6:00a	6:00a	6:00a	6:00a	9:30a	9:00a
BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER JIU-JITSU ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS
7:00a	7:00a	7:00a	7:00a	7:00a	10:40a	10:00a
INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER JIU-JITSU ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER JIU-JITSU ADULTS	BEGINNER JIU-JITSU ADULTS
8:00a	8:00a	8:00a	8:00a	8:00a	11:40a	11:00a
INT/ADV JIU-JITSU ADULTS	ADVANCED KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	ADVANCED KICKBOXING ADULTS	INT/ADV JIU-JITSU ADULTS	INTERMEDIATE KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS
11:00a	11:00a	11:00a	11:00a	11:00a		12:00p
INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER JIU-JITSU ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS		ADVANCED KICKBOXING ADULTS
12:00p	12:00p	12:00p	12:00p	12:00p		
BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER JIU-JITSU ADULTS	INTERMEDIATE KICKBOXING ADULTS		