



## ELMWOOD PARK CLASS SCHEDULE - ADULTS

485 MOLA BOULEVARD ELMWOOD PARK NJ 07407 \* 201-410-8672

Email: [ELMWOODPARK@TSK.COM](mailto:ELMWOODPARK@TSK.COM)

FACEBOOK/TSMMaelmwoodpark

Website: [TSkelmwoodpark.com](http://TSkelmwoodpark.com)

Text Line 201-410-8672

Effective: January 28, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00a	8:00a	10:00a	8:00a	10:00a	9:00a MAT 1	9:00a MAT 1
ADVANCED KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	WRESTLING	BEGINNER KICKBOXING ADULTS	ADVANCED MMA ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS
11:00a	10:00a	11:00a	10:00a	11:00a	9:00a MAT 2	9:00a MAT 2
ADVANCED KICKBOXING ADULTS	INSTRUCTOR ONLY TRAINING	ADVANCED KICKBOXING ADULTS	ADVANCED JIU-JITSU ADULTS	ADVANCED KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS
	11:00a		11:00a		10:00a	10:00a
	INSTRUCTOR ONLY TRAINING		ADVANCED KICKBOXING ADULTS		JIU-JITSU ADULTS	JIU-JITSU ADULTS
4:00p	6:00p	4:00p	6:00p	4:00p		
BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS		
7:00p MAT 1	7:00p	7:00p	7:00p	7:00p MAT 1		
BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER JIU-JITSU ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS		
7:00p MAT 2	8:00p	8:00p	8:00p	7:00p MAT 2		
INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS		
8:00p	9:00p	9:00p	9:00p			
BEGINNER JIU-JITSU ADULTS	JIU-JITSU ADULTS	ADVANCED KICKBOXING ADULTS	JIU-JITSU ADULTS			
9:00p						
ADVANCED KICKBOXING ADULTS						
9:00p						
JIU-JITSU ADULTS						