



ELMWOOD PARK CLASS SCHEDULE - ADULTS

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Effective: September 1, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00a	8:00a	10:00a	8:00a	10:00a	9:00a MAT 1	10:00a
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	
ADVANCED KICKBOXING ADULTS	INSTRUCTOR ONLY TRAINING	ADVANCED KICKBOXING ADULTS	ADVANCED JIU-JITSU ADULTS	ADVANCED KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	
	11:00a		11:00a		10:00a	
	INSTRUCTOR ONLY TRAINING		ADVANCED KICKBOXING ADULTS		JIU-JITSU ADULTS	
	6:00p		6:00p			
	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	ADVANCED JIU-JITSU ADULTS	ADVANCED KICKBOXING ADULTS	OPEN MAT JIU JITSU			
9:00p	9:00p					
OPEN MAT KICKBOXING	OPEN MAT KICKBOXING & JIU JITSU					