



ENGLEWOOD - CLASS SCHEDULE

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TEXT LINE: 201-448-5900

Effective: 9/4/2018

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

Instructor Level 1 class Tuesday at 9:00 pm

Instructor Level 2 class Thursday at 9:00 pm