



GLENDALE - CLASS SCHEDULE

73-25 WOODHAVEN BLVD QUEENS NY * 718-830-4502

EMAIL: GLENDALE@TSK.COM

FIND US ON FACEBOOK AND INSTAGRAM

@TSMAGLENDALE

SCHOOL TEXT LINE 646-893-9575

Effective Date: January 2nd, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00a	2:45p	10:00a		10:00a	9:00a	9:00a
BEGINNER KICKBOXING ADULTS	KARATE CUBS	INTERMEDIATE KICKBOXING ADULTS		BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS
4:00p	4:15p	4:00p	4:15p	4:00p	10:00a	10:00a
BEGINNER LITTLE TIGERS	JIU-JITSU ALL TIGERS	BEGINNER LITTLE TIGERS	BEGINNER TIGERS	BEGINNER LITTLE TIGERS	BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS
4:45p	5:00p	4:45p	5:00p	4:45p	11:15a	11:15a
JIU-JITSU ALL TIGERS	INTERMEDIATE ALL TIGERS	INTERMEDIATE ALL TIGERS	JIU-JITSU ALL TIGERS	JIU-JITSU ALL TIGERS	BEGINNER LITTLE TIGERS	KARATE CUBS
5:30p	5:45p	5:30p	5:45p	5:30p	12:00p	12:00p
INTERMEDIATE ALL TIGERS	BEGINNER LITTLE TIGERS	JIU-JITSU ALL TIGERS	INTERMEDIATE ALL TIGERS	ADVANCED CLASS INVITE ONLY	JIU-JITSU ALL TIGERS	BEGINNER LITTLE TIGERS
6:15p	6:30p	6:15p	6:30p	6:30p	12:45p	12:45p
BEGINNER TIGERS	BEGINNER TIGERS	BEGINNER TIGERS	BEGINNER LITTLE TIGERS	BEGINNER KICKBOXING ADULTS	BEGINNER TIGERS	BEGINNER TIGERS
7:00p	7:15p	7:00p	7:15p	7:30p	1:30p	1:30p
BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	ADVANCED KICKBOXING ADULTS	BEGINNER TIGERS	INTERMEDIATE ALL TIGERS	JIU-JITSU ALL TIGERS
8:00p	8:15p	8:00p	8:15p		2:30p	
ADVANCED KICKBOXING ADULTS	BEGINNER JIU-JITSU ADULTS	BEGINNER JIU-JITSU ADULTS	INT/ADV JIU-JITSU ADULTS		KARATE CUBS	
9:00p	9:15p	9:00p	9:15p			
INT/ADV JIU-JITSU ADULTS	BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS			