



## MANHASSET - CLASS SCHEDULE

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Effective: 07/09/18

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