



## GRAMERCY- ADULT CLASS SCHEDULE

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Effective: July 11, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00p		12:00p	12:00p	12:00p	9:00a
BEGINNER KICKBOXING ADULTS		INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS
1:00p		1:00p	1:00p	1:00p	9:00a
INTERMEDIATE KICKBOXING ADULTS		BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	ADVANCED KICKBOXING ADULTS
5:30p	5:30p	5:30p	5:30p	5:30p	10:00a
BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	INT/ADV JIU-JITSU ADULTS	BEGINNER JIU-JITSU ADULTS
6:30p	6:30p	6:30p	6:30p	6:30p	10:00a
INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	ADVANCED KICKBOXING ADULTS	INT/ADV JIU-JITSU ADULTS
7:30p	7:30p	7:30p	7:30p	6:30p	11:00a
BEGINNER KICKBOXING ADULTS	ADVANCED KICKBOXING ADULTS	BEGINNER JIU-JITSU ADULTS	INTERMEDIATE KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS
8:30p	8:30p	7:30p	7:30p	7:30p	
BEGINNER JIU-JITSU ADULTS	INT/ADV JIU-JITSU ADULTS	INT/ADV JIU-JITSU ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	
8:30p		8:30p			
INT/ADV JIU-JITSU ADULTS		INTERMEDIATE KICKBOXING ADULTS			
		8:30p			
		ADVANCED KICKBOXING ADULTS			