



MIDWOOD - CLASS SCHEDULE

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Effective: November 14th, 2017

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