



MIDWOOD - CLASS SCHEDULE

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EFFECTIVE: DECEMBER 10th, 2018

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