



MOUNT KISCO - CLASS SCHEDULE

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Effective: January 2nd, 2019

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