



MOUNT KISCO - CLASS SCHEDULE

350 Lexington Ave - Mount Kisco - NY - 10549

School Line - 914-864-0631

Text Line - 914-458-1652

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Effective: March 12, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:30p	4:00p	3:30p		3:30p	9:00a
KARATE CUBS	JIU-JITSU LITTLE TIGERS	KARATE CUBS		KARATE CUBS	KARATE CUBS
4:30p	4:45p	4:30p	4:30p	4:30p	10:00a
BEGINNER TIGERS	BEGINNER LITTLE TIGERS	BEGINNER LITTLE TIGERS	INTERMEDIATE TIGERS	BEGINNER ALL TIGERS	BEGINNER KICKBOXING ADULTS
5:30p	5:30p	5:30p	5:30p	5:30p	11:15a
JIU-JITSU TIGERS	JIU-JITSU TIGERS	JIU-JITSU ALL TIGERS	JIU-JITSU TIGERS	JIU-JITSU ALL TIGERS	JIU-JITSU LITTLE TIGERS
6:15p	6:15p	6:15p	6:15p	6:15p	12:15p
ADVANCED TIGERS	BEGINNER TIGERS	INTERMEDIATE TIGERS	BEGINNER TIGERS	ADVANCED TIGERS	BEGINNER ALL TIGERS
7:15p	7:15p	7:15p	7:15p	7:15p	1:15p
BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	JIU-JITSU TIGERS
7:15p	7:15p	7:15p	7:15p	7:15p	2:00p
JIU-JITSU ADULTS	INTERMEDIATE KICKBOXING ADULTS	JIU-JITSU ADULTS	JIU-JITSU ADULTS	INTERMEDIATE KICKBOXING ADULTS	INTERMEDIATE TIGERS
8:30p	8:30p	8:30p	8:30p		3:00p
ADVANCED KICKBOXING ADULTS	JIU-JITSU ADULTS	JIU-JITSU ADULTS	ADVANCED KICKBOXING ADULTS		BIRTHDAY PARTY