



NORTH PLAINFIELD - CLASS SCHEDULE

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Effective: September 4, 2018

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