



NORTH PLAINFIELD - CLASS SCHEDULE

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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	4:30p	4:15p	9:00a	10:15a
INTERMEDIATE TIGERS	BEGINNER LITTLE TIGERS	INTERMEDIATE TIGERS	INTERMEDIATE TIGERS	BEGINNER TIGERS	INTERMEDIATE KICKBOXING ADULTS	INTERMEDIATE TIGERS
5:00p	4:00p	5:15p	5:15p	5:00p	10:00a	11:00a
JIU-JITSU TIGERS	BEGINNER TIGERS	JIU-JITSU LITTLE TIGERS	JIU-JITSU TIGERS	JIU-JITSU TIGERS	BEGINNER JIU-JITSU ADULTS	JIU-JITSU TIGERS
5:45p	4:45p	6:00p	6:00p	5:45p	10:00a	12:00p
BEGINNER TIGERS	JIU-JITSU LITTLE TIGERS	BEGINNER LITTLE TIGERS	BEGINNER TIGERS	INTERMEDIATE TIGERS	INT/ADV JIU-JITSU ADULTS	BEGINNER TIGERS
6:30p	4:45p	7:00p	7:00p	6:30p	11:00a	1:00p
ADVANCED TIGERS	JIU-JITSU TIGERS	ADVANCED KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	ADVANCED TIGERS	BEGINNER KICKBOXING ADULTS	KARATE CUBS
7:30p	5:30p	8:00p	8:00p	7:30p	12:15p	
BEGINNER KICKBOXING ADULTS	INTERMEDIATE TIGERS	INT/ADV JIU-JITSU ADULTS	BEGINNER JIU-JITSU ADULTS	INT/ADV JIU-JITSU ADULTS	INTERMEDIATE TIGERS	
8:30p	6:15p	9:00p	8:00p	8:30p	1:00p	
INTERMEDIATE KICKBOXING ADULTS	ADVANCED TIGERS	INTERMEDIATE KICKBOXING ADULTS	INT/ADV JIU-JITSU ADULTS	ADVANCED KICKBOXING ADULTS	JIU-JITSU LITTLE TIGERS	
	7:15p		9:00p		2:00p	
	BEGINNER KICKBOXING ADULTS		BEGINNER KICKBOXING ADULTS		BEGINNER LITTLE TIGERS	
	8:15p					
	BEGINNER JIU-JITSU ADULTS					
	8:15p					
	INT/ADV JIU-JITSU ADULTS					
	9:15p					
	INTERMEDIATE KICKBOXING ADULTS					

*If interested in Private Lessons, please contact us to over pricing and lesson options.