



PARAMUS - CLASS SCHEDULE

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Effective: February 4th, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:15p	4:15p	4:15p	4:15p	4:15p	9:00a
JIU-JITSU TIGERS	BEGINNER LITTLE TIGERS	BEGINNER TIGERS	ADVANCED TIGERS	BEGINNER LITTLE TIGERS	INTERMEDIATE KICKBOXING ADULTS
5:00p	5:00p	5:00p	5:00p	5:00p	10:00a
INTERMEDIATE TIGERS	INTERMEDIATE TIGERS	JIU-JITSU TIGERS	INTERMEDIATE TIGERS	JIU-JITSU LITTLE TIGERS	BEGINNER KICKBOXING TERESA
5:45p	5:45p	5:45p	5:45p	5:45p	11:00a
JIU-JITSU LITTLE TIGERS	JIU-JITSU TIGERS	INTERMEDIATE TIGERS	JIU-JITSU TIGERS	INTERMEDIATE TIGERS	ADVANCED TIGERS
6:30p	6:30p	6:30p	6:30p	6:30p	11:45a
BEGINNER LITTLE TIGERS	BEGINNER TIGERS	ADVANCED TIGERS	BEGINNER TIGERS	JIU-JITSU TIGERS	JIU-JITSU TIGERS
7:15p	7:30p	7:30p	7:15p	7:15p	12:30p
INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING TERESA	BEGINNER TIGERS	INTERMEDIATE TIGERS
8:15p	8:45p	8:45p	8:15p	8:00p	1:15p
JIU-JITSU ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING PATRICK	JIU-JITSU ADULTS	INTERMEDIATE KICKBOXING ADULTS	JIU-JITSU LITTLE TIGERS
9:15p			9:15p		2:00p
BEGINNER KICKBOXING ADULTS			ADVANCED KICKBOXING ADULTS		BEGINNER LITTLE TIGERS
					3:00p
					STUDENT OF THE WEEK CLASS