



RED BANK - CLASS SCHEDULE

500 Route 35, Union Square Shopping Center Red Bank, NJ 07701

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Effective: September 10, 2018

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