



## RED BANK - CLASS SCHEDULE

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

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Effective: March 5, 2018

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