



REGO PARK - CLASS SCHEDULE

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Effective: September 2017

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