



ROCKVILLE CENTRE - CLASS SCHEDULE

274 Sunrise Highway, Rockville Centre, NY 11570

Rockville@tsk.com

Instagram: Tsmma_Rockville

Direct Line: 516-442-0381 * Text Line: 516-415-2028

Effective: 8/21/17

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