



ROCKVILLE CENTRE - ADULT CLASS SCHEDULE

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Effective: 11/01/18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30a	5:00p	7:30p	5:00p	9:30a	9:00a
BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS
7:45p	7:30p	7:30p	7:30p	6:30p	9:00a
BEGINNER KICKBOXING ADULTS	JIU-JITSU ADULTS	INTERMEDIATE KICKBOXING ADULTS	JIU-JITSU ADULTS	ADVANCED KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS
7:45p	8:30p	8:30p	8:30p		
INTERMEDIATE KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	JIU-JITSU ADULTS	INTERMEDIATE KICKBOXING ADULTS		
	8:30p		8:30p		
	BEGINNER KICKBOXING ADULTS		BEGINNER KICKBOXING ADULTS		