



ROCKVILLE CENTRE - ADULT CLASS SCHEDULE

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Effective: 3/01/19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30a	5:00p	7:30p	5:00p	9:30a	9:00a	9:00a
BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER 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	BEGINNER KICKBOXING ADULTS	INTERMEDIATE 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			