



## SEAFORD - CLASS SCHEDULE

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Effective: 10/1/2017

| MONDAY                           | TUESDAY                              | WEDNESDAY                            | THURSDAY                             | FRIDAY                           | SATURDAY                         |
|----------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|----------------------------------|----------------------------------|
| 4:30p                            |                                      | 4:15                                 | 4:15                                 | 4:15                             | 8:30                             |
| BEGINNER<br>LITTLE TIGERS        |                                      | BEGINNER<br>LITTLE TIGERS            | INTERMEDIATE<br>ALL TIGERS           | BEGINNER<br>TIGERS               | KARATE<br>CUBS                   |
| 5:15p                            | 5:00p                                | 5:00p                                | 5:00p                                | 5:00p                            | 10:00a                           |
| JIU-JITSU ALL<br>TIGERS          | INTERMEDIATE<br>ALL TIGERS           | JIU-JITSU ALL<br>TIGERS              | BEGINNER<br>TIGERS                   | JIU-JITSU ALL<br>TIGERS          | ADVANCED<br>KICKBOXING<br>ADULTS |
| 6:00p                            | 5:45p                                | 5:45p                                | 5:45p                                | 5:45p                            | 11:00a                           |
| BEGINNER<br>TIGERS               | JIU-JITSU ALL<br>TIGERS              | BEGINNER<br>TIGERS                   | JIU-JITSU ALL<br>TIGERS              | ADVANCED<br>TIGERS               | BEGINNER<br>KICKBOXING<br>ADULTS |
| 7:00p                            | 6:30p                                | 6:30p                                | 6:30p                                | 7:00p                            | 12:15p                           |
| BEGINNER<br>KICKBOXING<br>ADULTS | BEGINNER<br>LITTLE TIGERS            | INTERMEDIATE<br>ALL TIGERS           | BEGINNER<br>LITTLE TIGERS            | BEGINNER<br>KICKBOXING<br>ADULTS | BEGINNER<br>LITTLE TIGERS        |
| 8:15p                            | 7:30p                                | 7:15p                                | 7:15p                                |                                  | 3:30p                            |
| ADVANCED<br>KICKBOXING<br>ADULTS | BEGINNER<br>KICKBOXING<br>ADULTS     | INTERMEDIATE<br>KICKBOXING<br>ADULTS | JIU-JITSU<br>ADULTS                  |                                  | BIRTHDAY<br>PARTIES              |
|                                  | 8:30p                                | 8:15p                                | 8:15p                                |                                  |                                  |
|                                  | INTERMEDIATE<br>KICKBOXING<br>ADULTS | BEGINNER<br>KICKBOXING<br>ADULTS     | INTERMEDIATE<br>KICKBOXING<br>ADULTS |                                  |                                  |