



## SEAFORD - CLASS SCHEDULE

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Effective: 10/1/2018

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



