



SOUTH PLAINFIELD - CLASS SCHEDULE

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Effective: September 1, 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00p	4:00p	4:00p	4:00p	4:00p	9:00a
BEGINNER LITTLE TIGERS	BEGINNER TIGERS	BEGINNER LITTLE TIGERS	BEGINNER TIGERS	BEGINNER LITTLE TIGERS	BEGINNER CLOSE-RANGE DEFENSE ADULTS
5:00p	5:00p	5:00p	5:00p	5:00p	10:00a
INTERMEDIATE TIGERS	GRAPPLING TIGERS	INTERMEDIATE TIGERS	GRAPPLING TIGERS	INTERMEDIATE TIGERS	BEGINNER KICKBOXING ADULTS
5:45p	5:45p	5:45p	5:45p	5:45p	11:15a
GRAPPLING TIGERS	INTERMEDIATE TIGERS	GRAPPLING TIGERS	INTERMEDIATE TIGERS	GRAPPLING TIGERS	BEGINNER LITTLE TIGERS
6:45p	6:45p	6:45p	6:45p	6:45p	12:15p
BEGINNER TIGERS	BEGINNER LITTLE TIGERS	BEGINNER TIGERS	BEGINNER LITTLE TIGERS	BEGINNER TIGERS	INTERMEDIATE TIGERS
7:45p	7:45p	7:45p	7:45p	7:45p	1:00p
BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER CLOSE-RANGE DEFENSE ADULTS	BEGINNER KICKBOXING ADULTS	GRAPPLING TIGERS
9:00p	9:00p	9:00p	9:00p	9:00p	1:45p
BEGINNER CLOSE-RANGE DEFENSE ADULTS	BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	ADVANCED KICKBOXING ADULTS	BEGINNER TIGERS
					2:45p
					ADVANCED TIGERS