



STAMFORD CLASS SCHEDULE

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Effective: 12/13/18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			4:00p		8:30a
			KARATE CUBS		KARATE CUBS
4:15p	4:00p	4:15p	4:30p	4:15p	9:00a
BEGINNER LITTLE TIGERS	ADVANCED TIGERS	BEGINNER TIGERS	INTERMEDIATE TIGERS	ADVANCED TIGERS	KARATE CUBS
5:00p	4:45p	5:15p	5:15p	5:00p	10:00a
JIU-JITSU LITTLE TIGERS	INTERMEDIATE TIGERS	JIU-JITSU TIGERS	JIU-JITSU LITTLE TIGERS	JIU-JITSU TIGERS	INTERMEDIATE KICKBOXING ADULTS
5:45p	5:30p	6:00p	6:15p	6:00p	11:15a
INTERMEDIATE TIGERS	JIU-JITSU TIGERS	ADVANCED TIGERS	BEGINNER LITTLE TIGERS	BEGINNER TIGERS	BEGINNER LITTLE TIGERS
6:30p	6:30p	7:00p	7:15p	7:00p	12:15p
JIU-JITSU TIGERS	BEGINNER TIGERS	BEGINNER KICKBOXING ADULTS	ADVANCED KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	JIU-JITSU ALL TIGERS
7:15p	7:30p	8:15p	8:15p	7:00p	1:00p
BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	INT/ADV KICKBOXING ADULTS	INTERMEDIATE TIGERS
8:15p	8:30p	9:15p	8:15p	8:00p	1:45p
JIU-JITSU ADULTS	ADVANCED KICKBOXING ADULTS	JIU-JITSU ADULTS	INTERMEDIATE KICKBOXING ADULTS	JIU-JITSU ADULTS	BEGINNER TIGERS
9:15p					2:30p
ADVANCED KICKBOXING ADULTS					ADVANCED TIGERS