



SYOSSET CLASS SCHEDULE - ADULTS

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Effective: September 5, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15a		9:30a	10:15a	9:15a	8:15a
JIU-JITSU ADULTS		INTERMEDIATE KICKBOXING ADULTS	INSTRUCTOR TRAINING	JIU-JITSU ADULTS	INTERMEDIATE KICKBOXING ADULTS
10:15a				10:15a	9:30a
INTERMEDIATE KICKBOXING ADULTS				INTERMEDIATE KICKBOXING ADULTS	JIU-JITSU ADULTS
		4:15p		4:15p	
		BEGINNER KICKBOXING ADULTS		BEGINNER KICKBOXING ADULTS	
7:15p	7:15p	7:15a	7:15p		
BEGINNER KICKBOXING ADULTS	INT/ADV KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS MAT 2	JIU-JITSU ADULTS		
8:15p	8:30p	7:30p	8:15p		
INTERMEDIATE KICKBOXING ADULTS	JIU-JITSU ADULTS	INTERMEDIATE KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS		
	8:30p	8:30p	8:30p		
	BEGINNER KICKBOXING ADULTS MAT 2	ADVANCED KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS MAT 2		