



SYOSSET CLASS SCHEDULE

ADULTS

354 JERICHO TPKE, SYOSSET NY 516-864-0555

School Email: syosset@tsk.com

School Text: 516-584-3225

Effective: January 2, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15a		9:30a		9:15a	7:45a
JIU-JITSU ADULTS		INTERMEDIATE KICKBOXING ADULTS		JIU-JITSU ADULTS	INTERMEDIATE KICKBOXING ADULTS
10:15a				10:15a	8:00a
INTERMEDIATE KICKBOXING ADULTS				INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS MAT 2
					8:45a
					BEGINNER JIU-JITSU ADULTS MAT 2
					8:45a
					INT/ADV JIU-JITSU ADULTS
7:15p	7:15p	7:15p	7:15p	5:45p	
BEGINNER KICKBOXING ADULTS MAT 2	ADVANCED KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS MAT 2	INTERMEDIATE KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS MAT 2	
7:15p	8:15p	7:15p	8:15p		
INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS MAT 2	ADVANCED KICKBOXING ADULTS (INVITATION ONLY)	BEGINNER KICKBOXING ADULTS		
8:15p	8:30p	8:15p			
BEGINNER JIU-JITSU ADULTS MAT 2	JIU-JITSU ADULTS	INTERMEDIATE KICKBOXING ADULTS			
8:15p					
INT/ADV JIU-JITSU ADULTS					

Please be on time for class

****Students more than 10 minutes late to class will NOT be permitted on the mat****