



SYOSSET CLASS SCHEDULE TIGERS & TEENS

354 JERICHO TPKE, SYOSSET NY 516-864-0555

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Effective: September 4th, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00p	5:45p	5:45p	5:15p	5:00p	10:30a
BEGINNER TIGERS	BEGINNER TIGERS	INTERMEDIATE TIGERS	INTERMEDIATE TIGERS	BEGINNER TIGERS	BEGINNER TIGERS MAT 2
5:45p	6:30p	6:30p	6:00p	5:45p	11:15a
JIU-JITSU TIGERS	JIU-JITSU TIGERS	JIU-JITSU TIGERS	BEGINNER TIGERS	INTERMEDIATE TIGERS	JIU-JITSU TIGERS
6:30p		7:15p		6:30p	12:00p
INTERMEDIATE TIGERS		ADVANCED TIGERS		JIU-JITSU TIGERS	INTERMEDIATE TIGERS
				7:15p	12:45p
				INT/ADV TEENS	ADVANCED TIGERS

Please be on time for class

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