



## TOTTENVILLE - CLASS SCHEDULE

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Effective: January 8th, 2018

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