



T SMA ABINGTON - CLASS SCHEDULE

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Effective Date: March 25th, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:45 PM	4:45 PM	5:00 PM	4:00 PM	5:00 PM	9:00 AM	9:45 AM
BEGINNER LITTLE TIGERS	JIU-JITSU TIGERS	INT/ADV TIGERS	CUBS	BEGINNER LITTLE TIGERS	CUBS	COMPETITION KICKBOXING
5:30 PM	5:30 PM	5:45 PM	4:45 PM	5:45 PM	9:45 AM	11:00 AM
JIU-JITSU ALL TIGERS	INT/ADV TIGERS	JIU-JITSU TIGERS	BEGINNER TIGERS	INT/ADV TIGERS	ADVANCED KICKBOXING ADULT	COMPETITION KICKBOXING
6:15 PM	6:15 PM	6:30 PM	5:30 PM	6:30 PM	11:15 AM	11:00 AM
BEGINNER TIGERS	BEGINNER LITTLE TIGERS	BEGINNER TIGERS	JIU-JITSU TIGERS	JIU-JITSU TIGERS	BEGINNER KICKBOXING ADULTS	COMPETITION JIU-JITSU
7:15 PM	7:15 PM	7:30 PM	6:15 PM	7:30 PM	12:15 PM	11:45 AM
BEGINNER KICKBOXING ADULTS	ADVANCED KICKBOXING ADULT	BEGINNER KICKBOXING ADULTS	INT/ADV TIGERS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER LITTLE TIGERS	COMPETITION KICKBOXING
8:15 PM	8:15 PM	8:30 PM	7:15 PM		1:00 PM	
INTERMEDIATE KICKBOXING ADULTS	INT/ADV JIU-JITSU ADULTS	INTERMEDIATE KICKBOXING ADULTS	ADVANCED KICKBOXING ADULT		JIU-JITSU LITTLE TIGERS	
9:15 PM			8:15 PM		1:45 PM	
ADVANCED KICKBOXING ADULT			INT/ADV JIU-JITSU ADULTS		BEGINNER TIGERS	
			9:15 PM		2:30 PM	
			BEGINNER KICKBOXING ADULTS		JIU-JITSU TIGERS	
					3:15 PM	
					INT/ADV TIGERS	