



T SMA ALLENTOWN - CLASS SCHEDULE

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30 PM	4:30 PM	4:30 PM	4:30 PM	4:30 PM	9:00 AM
BEGINNER TIGERS	INTERMEDIATE TIGERS	BEGINNER TIGERS	BEGINNER LITTLE TIGERS	BEGINNER LITTLE TIGERS	INTERMEDIATE KICKBOXING ADULTS
5:15 PM	5:15 PM	5:15 PM	5:15 PM	5:15 PM	10:00 AM
JIU-JITSU TIGERS	JIU-JITSU LITTLE TIGERS	JIU-JITSU TIGERS	INTERMEDIATE TIGERS	JIU-JITSU LITTLE TIGERS	BEGINNER KICKBOXING ADULTS
6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:00 PM	11:00 AM
INTERMEDIATE TIGERS	BEGINNER LITTLE TIGERS	INTERMEDIATE TIGERS	BEGINNER TIGERS	INTERMEDIATE TIGERS	BEGINNER JIU-JITSU ADULTS
6:45 PM	7:00 PM	6:45 PM	7:00 PM	6:45 PM	12:00 PM
ADVANCED TIGERS	INTERMEDIATE KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	ADVANCED TIGERS	CUBS
7:30 PM	8:00 PM	7:45 PM	8:00 PM	7:30 PM	12:45 PM
BEGINNER KICKBOXING ADULTS	JIU-JITSU ADULTS	ADVANCED KICKBOXING ADULT	JIU-JITSU ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER ALL TIGERS
8:30 PM	9:00 PM	8:45 PM			1:30 PM
INTERMEDIATE KICKBOXING ADULTS	ADVANCED KICKBOXING ADULT	BEGINNER KICKBOXING ADULTS			JIU-JITSU ALL TIGERS
					2:15 PM
					INTERMEDIATE TIGERS