



T SMA ASTORIA - CLASS SCHEDULE

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM	4:15 PM	9:00 AM	3:30 PM	9:00 AM	9:00 AM	9:00 AM
BEGINNER KICKBOXING ADULTS	INTERMEDIATE TIGERS	BEGINNER KICKBOXING ADULTS	CUBS	BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	CUBS
4:15 PM	5:00 PM	10:00 AM	4:15 PM	10:00 AM	10:00 AM	10:00 AM
INT/ADV TIGERS	JIU-JITSU ALL TIGERS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER TIGERS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	JIU-JITSU ADULTS
5:00 PM	5:45 PM	4:00 PM	5:00 PM	4:00 PM	11:15 AM	11:00 AM
JIU-JITSU ALL TIGERS	BEGINNER LITTLE TIGERS	ADVANCED TIGERS	JIU-JITSU ALL TIGERS	BEGINNER LITTLE TIGERS	BEGINNER LITTLE TIGERS	BEGINNER KICKBOXING ADULTS
5:45 PM	6:45 PM	4:45 PM	5:45 PM	4:45 PM	12:15 PM	12:15 PM
BEGINNER TIGERS	ADVANCED KICKBOXING ADULT	INTERMEDIATE TIGERS	BEGINNER LITTLE TIGERS	JIU-JITSU ALL TIGERS	BEGINNER TIGERS	JIU-JITSU ALL TIGERS
6:45 PM	7:45 PM	5:30 PM	6:45 PM	5:30 PM	1:00 PM	1:00 PM
BEGINNER KICKBOXING ADULTS	INT/ADV JIU-JITSU ADULTS	JIU-JITSU TIGERS	INT/ADV KICKBOXING ADULTS	BEGINNER TIGERS	JIU-JITSU TIGERS	BEGINNER ALL TIGERS
7:45 PM	8:45 PM	6:15 PM	7:45 PM	6:15 PM	1:45 PM	2:00 PM
JIU-JITSU ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER TIGERS	JIU-JITSU ADULTS	ADVANCED TIGERS	INTERMEDIATE TIGERS	COMPETITION KICKBOXING
8:45 PM		7:15 PM	8:45 PM	7:15 PM	2:30 PM	3:00 PM
INT/ADV KICKBOXING ADULTS		BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	COMPETITION KICKBOXING	COMPETITION JIU-JITSU
		8:15 PM		8:15 PM	3:30 PM	
		JIU-JITSU ADULTS		ADVANCED KICKBOXING ADULT	COMPETITION JIU-JITSU	
		9:15 PM				
		INT/ADV KICKBOXING ADULTS				