



T SMA BETHLEHEM - CLASS SCHEDULE

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Effective Date: April 16th, 2019

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