



T SMA COLMAR - CLASS SCHEDULE

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Effective Date: March 11th, 2019

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