



T SMA MANHASSET - CLASS SCHEDULE

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