



T SMA MIDWOOD - CLASS SCHEDULE

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