



T SMA MOUNT KISCO - CLASS SCHEDULE

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Effective Date: March 18th, 2019

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