



## T SMA NEW WINDSOR - CLASS SCHEDULE

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Effective Date: April 9th, 2019

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