



## T SMA NORTH PLAINFIELD - CLASS SCHEDULE

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Effective Date: April 4th, 2019

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