



T SMA PARAMUS - CLASS SCHEDULE

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Effective Date: April 3rd, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:15 PM	4:15 PM	4:15 PM	4:15 PM	4:15 PM	9:00 AM
JIU-JITSU TIGERS	BEGINNER LITTLE TIGERS	BEGINNER TIGERS	ADVANCED TIGERS	BEGINNER LITTLE TIGERS	INTERMEDIATE KICKBOXING ADULTS
5:00 PM	5:00 PM	5:00 PM	5:00 PM	5:00 PM	10:00 AM
INTERMEDIATE TIGERS	INTERMEDIATE TIGERS	JIU-JITSU TIGERS	INTERMEDIATE TIGERS	JIU-JITSU LITTLE TIGERS	BEGINNER KICKBOXING ADULTS
5:45 PM	5:45 PM	5:45 PM	5:45 PM	5:45 PM	11:00 AM
JIU-JITSU LITTLE TIGERS	JIU-JITSU TIGERS	INTERMEDIATE TIGERS	JIU-JITSU TIGERS	INTERMEDIATE TIGERS	ADVANCED TIGERS
6:30 PM	6:30 PM	6:30 PM	6:30 PM	6:30 PM	11:45 AM
BEGINNER LITTLE TIGERS	BEGINNER TIGERS	ADVANCED TIGERS	BEGINNER TIGERS	JIU-JITSU TIGERS	JIU-JITSU TIGERS
7:15 PM	7:30 PM	7:30 PM	7:15 PM	7:15 PM	12:30 PM
INT/ADV KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	INT/ADV KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER TIGERS	INTERMEDIATE TIGERS
8:15 PM	8:45 PM	8:45 PM	8:15 PM	8:00 PM	1:15 PM
JIU-JITSU ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	JIU-JITSU ADULTS	INTERMEDIATE KICKBOXING ADULTS	JIU-JITSU LITTLE TIGERS
9:15 PM			9:15 PM		2:00 PM
BEGINNER KICKBOXING ADULTS			ADVANCED KICKBOXING ADULT		BEGINNER LITTLE TIGERS
					3:00 PM
					STUDENT OF THE WEEK