



## T SMA RAMSEY - CLASS SCHEDULE

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Effective Date: April 3rd, 2019

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

|                                 |                                  |  |                                  |  |  |  |
|---------------------------------|----------------------------------|--|----------------------------------|--|--|--|
| ADVANCED<br>KICKBOXING<br>ADULT | BEGINNER<br>KICKBOXING<br>ADULTS |  | BEGINNER<br>KICKBOXING<br>ADULTS |  |  |  |
|---------------------------------|----------------------------------|--|----------------------------------|--|--|--|