



TSMA REGO PARK - CLASS SCHEDULE

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Effective Date: April 11th, 2019

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

	BEGINNER KICKBOXING ADULTS		ADVANCED KICKBOXING ADULT			
	8:45 PM					
	ADVANCED KICKBOXING ADULT					