



T SMA SEAFORD - CLASS SCHEDULE

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