



T SMA STAMFORD - CLASS SCHEDULE

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Effective Date: March 25th, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:15 PM	4:00 PM	4:15 PM	4:00 PM	4:15 PM	9:00 AM
BEGINNER LITTLE TIGERS	ADVANCED TIGERS	BEGINNER ALL TIGERS	CUBS	ADVANCED TIGERS	CUBS
5:00 PM	4:45 PM	5:15 PM	4:30 PM	5:00 PM	10:00 AM
JIU-JITSU LITTLE TIGERS	INTERMEDIATE TIGERS	JIU-JITSU TIGERS	INTERMEDIATE TIGERS	JIU-JITSU TIGERS	INTERMEDIATE KICKBOXING ADULTS
5:45 PM	5:30 PM	6:00 PM	5:15 PM	6:00 PM	11:15 AM
INTERMEDIATE TIGERS	JIU-JITSU TIGERS	ADVANCED TIGERS	JIU-JITSU LITTLE TIGERS	BEGINNER TIGERS	BEGINNER LITTLE TIGERS
6:30 PM	6:30 PM	7:00 PM	6:15 PM	7:00 PM	12:15 PM
JIU-JITSU TIGERS	BEGINNER TIGERS	BEGINNER KICKBOXING ADULTS	BEGINNER LITTLE TIGERS	INTERMEDIATE KICKBOXING ADULTS	JIU-JITSU ALL TIGERS
7:15 PM	7:30 PM	8:15 PM	7:15 PM	7:00 PM	1:00 PM
BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	ADVANCED KICKBOXING ADULT	BEGINNER KICKBOXING ADULTS	INTERMEDIATE TIGERS
8:15 PM	8:30 PM	9:15 PM	8:15 PM	8:00 PM	1:45 PM
JIU-JITSU ADULTS	ADVANCED KICKBOXING ADULT	JIU-JITSU ADULTS	BEGINNER KICKBOXING ADULTS	JIU-JITSU ADULTS	BEGINNER TIGERS
9:15 PM			8:15 PM	9:00 PM	2:30 PM
ADVANCED KICKBOXING ADULT			INTERMEDIATE KICKBOXING ADULTS	SPARRING ADULTS	ADVANCED TIGERS