



WILLIAMSBURG - CLASS SCHEDULE

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INSTAGRAM - TSMA_WILLIAMSBURG

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Effective: March 19, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9:00a	9:00a
					JIU-JITSU ADULTS	INTERMEDIATE KICKBOXING ADULTS
10:00a				10:00a	10:00a	10:00a
BEGINNER KICKBOXING ADULTS				BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS
4:15p	4:15p	4:15p	3:45p	4:15p	11:15a	
ADVANCED TIGERS	BEGINNER LITTLE TIGERS	BEGINNER LITTLE TIGERS	INSTRUCTOR TRAINING	BEGINNER TIGERS	BEGINNER LITTLE TIGERS	
5:00p	5:00p	5:00p	5:00p	5:00p	12:00p	
INTERMEDIATE TIGERS	JIU-JITSU LITTLE TIGERS	INTERMEDIATE TIGERS	BEGINNER TIGERS	JIU-JITSU TIGERS	INTERMEDIATE TIGERS	
5:45p	5:45p	5:45p	5:45p	5:45p	12:45p	
JIU-JITSU TIGERS	INTERMEDIATE TIGERS	JIU-JITSU TIGERS	JIU-JITSU LITTLE TIGERS	INTERMEDIATE TIGERS	JIU-JITSU TIGERS	
6:30p	6:30p	6:30p	6:30p	6:30p	1:30p	
BEGINNER TIGERS	JIU-JITSU TIGERS	BEGINNER TIGERS	BEGINNER LITTLE TIGERS	ADVANCED TIGERS	BEGINNER TIGERS	
7:15p	7:15p	7:15p	7:15p	7:15p		
BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	ADVANCED KICKBOXING ADULTS	JIU-JITSU ADULTS	INTERMEDIATE KICKBOXING ADULTS		
8:15p	8:15p	8:15p	8:15p	8:15p		
INTERMEDIATE KICKBOXING ADULTS	JIU-JITSU ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS		
9:15p	9:15p	9:15p	9:15p			
ADVANCED KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS			