



YONKERS - CLASS SCHEDULE

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yonkersnymma.com

Effective: March 1st, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:30a			
		BEGINNER KICKBOXING ADULTS			
		9:30a			
		BEGINNER KICKBOXING ADULTS			
9:30a		3:00p			9:45a
BEGINNER KICKBOXING ADULTS		KARATE CUBS			KARATE CUBS
4:00p	4:30p	4:00p	4:15p	4:15p	10:30a
BEGINNER TIGERS	INTERMEDIATE TIGERS	BEGINNER LITTLE TIGERS	BEGINNER LITTLE TIGERS	BEGINNER TIGERS	BEGINNER KICKBOXING ADULTS
4:45p	5:15p	4:45p	5:00p	5:00p	11:45a
JIU-JITSU TIGERS	JIU-JITSU LITTLE TIGERS	INTERMEDIATE TIGERS	JIU-JITSU LITTLE TIGERS	JIU-JITSU TIGERS	BEGINNER LITTLE TIGERS
5:30p	6:00p	5:30p	5:45p	5:45p	12:30p
INTERMEDIATE TIGERS	BEGINNER LITTLE TIGERS	JIU-JITSU TIGERS	INTERMEDIATE TIGERS	INTERMEDIATE TIGERS	JIU-JITSU LITTLE TIGERS
6:15p	6:45p	6:15p	6:30p	6:30p	1:15p
ADVANCED TIGERS	BEGINNER KICKBOXING ADULTS	BEGINNER TIGERS	JIU-JITSU TIGERS	ADVANCED TIGERS	INTERMEDIATE TIGERS
7:00p	7:45p	7:00p	7:15p	7:15a	2:00p
BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	ADVANCED TIGERS	INTERMEDIATE KICKBOXING ADULTS	JIU-JITSU TIGERS
8:00p	8:45p	8:00p	8:00p	8:15p	2:45p
JIU-JITSU ADULTS	ADVANCED KICKBOXING ADULTS	JIU-JITSU ADULTS	INTERMEDIATE KICKBOXING ADULTS	JIU-JITSU ADULTS	BEGINNER TIGERS
9:00p		9:00p	9:00p		
INTERMEDIATE KICKBOXING ADULTS		ADVANCED KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS		