



**NORTHVALE - CLASS SCHEDULE**  
**269N. Livingston St. \* Northvale Square \* (201) 768-2751**

Effective: Sept 12<sup>th</sup>, 2011

[www.tsk.com](http://www.tsk.com)

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
4:00p	4:00p	4:00p	4:00p	4:00p	9:00a
<b>CORE CHILDREN</b>	<b>KICKBOXING CHILDREN / KIDS</b>	<b>GRAPPLING CHILDREN / KIDS</b>	<b>CORE KIDS</b>	<b>CORE CHILDREN / KIDS</b>	<b>INTER / ADV KICKBOXING ADULTS</b>
5:00p	4:45p	4:45p	5:00p	5:00p	10:00a
<b>GRAPPLING CHILDREN / KIDS</b>	<b>GRAPPLING CHILDREN / KIDS</b>	<b>KICKBOXING CHILDREN / KIDS</b>	<b>GRAPPLING CHILDREN / KIDS</b>	<b>KICKBOXING CHILDREN / KIDS</b>	<b>BEGINNER GRAPPLING ADULTS</b>
6:00p	5:45p	5:45p	6:00p	5:45p	11:15a
<b>CORE KIDS</b>	<b>CORE CHILDREN</b>	<b>CORE KIDS</b>	<b>CORE CHILDREN</b>	<b>GRAPPLING CHILDREN / KIDS</b>	<b>BEGINNER KICKBOXING ADULTS</b>
7:00p	6:45p	6:45p	7:00p	6:45p	12:30p
<b>BEGINNER KICKBOXING ADULTS</b>	<b>INTER / ADV KICKBOXING ADULTS</b>	<b>BEGINNER KICKBOXING ADULTS</b>	<b>INTER / ADV KICKBOXING ADULTS</b>	<b>BEGINNER KICKBOXING ADULTS</b>	<b>CORE CHILDREN / KIDS</b>
8:15p	7:45p	8:00p	8:00p	8:00p	1:30p
<b>BEGINNER GRAPPLING ADULTS</b>	<b>INTER / ADV GRAPPLING ADULTS</b>	<b>INTER / ADV GRAPPLING ADULTS</b>	<b>BEGINNER GRAPPLING ADULTS</b>	<b>BEGINNER GRAPPLING ADULTS</b>	<b>GRAPPLING CHILDREN / KIDS</b>
9:15p	9:00p	9:00p	9:15p	9:00p	2:15p
<b>INTER / ADV KICKBOXING ADULTS</b>	<b>BEGINNER KICKBOXING ADULTS</b>	<b>INTER / ADV KICKBOXING ADULTS</b>	<b>BEGINNER KICKBOXING ADULTS</b>	<b>INTER / ADV KICKBOXING ADULTS</b>	<b>KICKBOXING CHILDREN / KIDS</b>