



ROCKAWAY – CLASS SCHEDULE

427 U.S. HIGHWAY 46 * Rockaway Shopping Center * (973) 537-5465

Effective: January 23rd, 2012

www.tsk.com

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