



## TOMS RIVER - CLASS SCHEDULE

635 Bay Ave. \* Seacourt Pavillion \* (732) 240 7771

Effective: January 23<sup>rd</sup>, 2012

[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>
4:45p	4:45p	4:45p	4:45p	4:45p	10:00a
CORE CHILDREN	KICKBOXING CHILDREN / KIDS	GRAPPLING KIDS	CORE KIDS	CORE CHILDREN	INTER / ADV KICKBOXING ADULTS
5:30p	5:30p	5:30p	5:30p	5:30p	11:00a
GRAPPLING KIDS	GRAPPLING CHILDREN	KICKBOXING CHILDREN / KIDS	GRAPPLING CHILDREN	KICKBOXING CHILDREN / KIDS	BEGINNER KICKBOXING ADULTS
6:15p	6:15p	6:15p	6:15p	6:15p	12:15p
CORE KIDS	CORE CHILDREN	CORE KIDS	CORE CHILDREN	GRAPPLING KIDS	CORE CHILDREN / KIDS
7:00p	7:00p	7:00p	7:00p	7:00p	1:00p
BEGINNER KICKBOXING ADULTS	INTER / ADV KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	SPARRING ADULTS	BEGINNER KICKBOXING ADULTS	GRAPPLING CHILDREN / KIDS
8:00p	8:00p	8:00p	8:00p	8:00p	1:45p
INTER / ADV GRAPPLING ADULTS	BEGINNER GRAPPLING ADULTS	BEGINNER GRAPPLING ADULTS	INTER / ADV GRAPPLING ADULTS	INTER / ADV KICKBOXING ADULTS	KICKBOXING CHILDREN / KIDS
9:00p	9:00p	9:00p	9:00p		
SPARRING ADULTS	BEGINNER KICKBOXING ADULTS	INTER / ADV KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS		