

ADULT CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00a	7:00a	7:00a	7:00a	7:00a	
INTER / ADV GRAPPLING ADULTS	INTER / ADV KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER GRAPPLING ADULTS	BEGINNER KICKBOXING ADULTS	
8:15a	8:15a	8:15a	8:15a	8:15a	
BEGINNER KICKBOXING ADULTS	BEGINNER GRAPPLING ADULTS	INTER / ADV GRAPPLING ADULTS	INTER / ADV KICKBOXING ADULTS	SPARRING ADULTS	
					10:00a
					BEGINNER KICKBOXING ADULTS
11:00a	11:00a	11:00a	11:00a	11:00a	11:10a
BEGINNER KICKBOXING ADULTS	BEGINNER GRAPPLING ADULTS	INTER / ADV GRAPPLING ADULTS	INTER / ADV KICKBOXING ADULTS	SPARRING ADULTS	BEGINNER GRAPPLING ADULTS
12:15p	12:15p	12:15p	12:15p	12:15p	12:15p
INTER / ADV GRAPPLING ADULTS	INTER / ADV KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER GRAPPLING ADULTS	BEGINNER KICKBOXING ADULTS	INTER / ADV KICKBOXING ADULTS
5:30p	5:30p	5:30p	5:30p	5:30p	
BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	
5:30p	5:30p	5:30p	5:30p	5:30p	
INTER / ADV KICKBOXING ADULTS	SPARRING ADULTS	INTER / ADV GRAPPLING ADULTS	BEGINNER GRAPPLING ADULTS	BEGINNER GRAPPLING ADULTS	
		5:30p	5:30p		
		INTER / ADV KICKBOXING ADULTS	INTER / ADV KICKBOXING ADULTS		
6:35p	6:35p			6:35p	
BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS			BEGINNER KICKBOXING ADULTS	MANHATTAN
6:35p	6:35p	6:35p	6:35p	6:35p	
INTER / ADV GRAPPLING ADULTS	BEGINNER GRAPPLING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	INTER / ADV KICKBOXING ADULTS	39 WEST 19 TH St. NEW YORK
6:35p	6:35p	6:35p	6:35p	7:40p	212-727-0773 www.tsk.com
INTER / ADV KICKBOXING ADULTS	INTER / ADV KICKBOXING ADULTS	INTER / ADV KICKBOXING ADULTS	INTER / ADV KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	
7:40p	7:40p	7:40p	7:40p	7:40p	
BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	SPARRING ADULTS	
7:40p	7:40p	7:40p	7:40p		
SPARRING ADULTS	INTER / ADV KICKBOXING ADULTS	BEGINNER GRAPPLING ADULTS	INTER / ADV GRAPPLING ADULTS		
8:45p	8:45p	8:45p	8:45p		
BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS		
8:45p	8:45p	8:45p	8:45p		
BEGINNER GRAPPLING ADULTS	INTER / ADV GRAPPLING ADULTS	INTER / ADV KICKBOXING ADULTS	SPARRING ADULTS		

CHILDREN & KIDS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00p	4:00p	4:00p	4:00p	4:00p	10:15a
CORE CHILDREN	GRAPPLING CHILDREN	CORE CHILDREN	CORE CHILDREN	CORE CHILDREN	CORE CHILDREN
4:00p	4:00p	4:00p	4:00p	4:00p	11:00a
KICKBOXING CHILDREN / KIDS	KICKBOXING CHILDREN / KIDS	CORE KIDS	GRAPPLING CHILDREN / KIDS	GRAPPLING KIDS	GRAPPLING CHILDREN
4:45p	4:45p	4:45p	4:45p	4:45p	11:45a
GRAPPLING CHILDREN	CORE KIDS	KICKBOXING CHILDREN / KIDS	CORE KIDS	KICKBOXING CHILDREN / KIDS	KICKBOXING CHILDREN / KIDS
4:45p					12:30p
GRAPPLING KIDS					GRAPPLING KIDS
					1:15p
					CORE KIDS