



MORRIS PLAINS - CLASS SCHEDULE

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Effective: March 13, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:15p	4:30p	4:15p	4:15p	4:00p	9:00a
BEGINNER LITTLE TIGERS	GRAPPLING TIGERS	INTERMEDIATE TIGERS	BEGINNER TIGERS	KARATE CUBS	INTERMEDIATE KICKBOXING ADULTS
5:15p	5:15p	5:00p	5:15p	5:15p	10:00a
GRAPPLING TIGERS	INTERMEDIATE TIGERS	GRAPPLING TIGERS	INTERMEDIATE TIGERS	GRAPPLING TIGERS	BEGINNER KICKBOXING ADULTS
6:00p	6:00p	5:45p	6:00p	6:00p	11:30a
BEGINNER TIGERS	BEGINNER LITTLE TIGERS	BEGINNER TIGERS	BEGINNER LITTLE TIGERS	INTERMEDIATE TIGERS	BEGINNER TIGERS
7:00p	7:00p	6:45p	7:00p	7:00p	12:45p
BEGINNER KICKBOXING ADULTS	INT/ADV CLOSE- RANGE DEFENSE ADULTS	BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	ADVANCED KICKBOXING ADULTS	GRAPPLING TIGERS
8:00p	8:00p	7:45p	8:00p	8:00p	1:30p
INT/ADV CLOSE- RANGE DEFENSE ADULTS	INTERMEDIATE KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER CLOSE-RANGE DEFENSE ADULTS	GRAPPLING ADULTS	ADVANCED TIGERS
9:00p	9:00p	8:45p	9:00p		3:00p
ADVANCED KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER CLOSE-RANGE DEFENSE ADULTS	BEGINNER KICKBOXING ADULTS		BIRTHDAY PARTY
		9:45p			
		SPARRING ADULTS			