



NANUET - CLASS SCHEDULE

428 Market Street, Nanuet NY 10954

nanuet@tsk.com

845-627-0283

TEXT-845-709-1772

Effective: 09/18/17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			3:00p		8:00a
			KARATE CUBS		KARATE CUBS
4:30p	4:00p	4:00p	4:00p	4:00p	9:00a
INTERMEDIATE TIGERS	INTERMEDIATE TIGERS	BEGINNER LITTLE TIGERS	BEGINNER TIGERS	BEGINNER LITTLE TIGERS	BEGINNER KICKBOXING ADULTS
5:15p	5:00p	4:45p	5:00p	5:00p	10:15a
GRAPPLING TIGERS	GRAPPLING LITTLE TIGERS	INTERMEDIATE TIGERS	GRAPPLING TIGERS	GRAPPLING LITTLE TIGERS	BEGINNER CLOSE-RANGE DEFENSE ADULTS
6:30p	5:45p	5:45p	5:45p	5:45p	11:15a
BEGINNER TIGERS	BEGINNER LITTLE TIGERS	GRAPPLING TIGERS	INTERMEDIATE TIGERS	INTERMEDIATE TIGERS	INTERMEDIATE KICKBOXING ADULTS
7:30p	6:45p	6:45p	6:30a	6:30p	12:30p
BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER TIGERS	ADVANCED TIGERS	GRAPPLING TIGERS	BEGINNER LITTLE TIGERS
8:45p	8:00p	8:00p	7:15p	7:30p	1:30p
BEGINNER CLOSE-RANGE DEFENSE ADULTS	BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER TIGERS	GRAPPLING LITTLE TIGERS
	9:00p	9:00p	8:30p	8:30p	2:15p
	ADVANCED KICKBOXING ADULTS	INT/ADV CLOSE-RANGE DEFENSE ADULTS	BEGINNER KICKBOXING ADULTS	ADVANCED KICKBOXING ADULTS	INTERMEDIATE TIGERS
					3:00p
					ADVANCED TIGERS
					4:45p
					BIRTHDAY PARTY / STUDENT OF THE WEEK