



**TSMMA NANUET**  
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Effective: 2/20/17

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