



Morris Plains - Class Schedule

2651 Route 10E * Galleria 10

Morrisplains@tsk.com

FB: MorrisPlains Tsmma IG: morrisplainsmma

tsk.com

Ph: 973-998-8742

Effective: 11/7/17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	3:30p				
	KARATE CUBS				
4:15p	4:30p	4:15p	4:15p	4:15p	9:00a
BEGINNER LITTLE TIGERS	JIU-JITSU LITTLE TIGERS	INTERMEDIATE TIGERS	BEGINNER TIGERS	KARATE CUBS	INTERMEDIATE KICKBOXING ADULTS
5:15p	5:15p	5:00p	5:15p	5:15p	10:00a
JIU-JITSU TIGERS	INTERMEDIATE ALL TIGERS	JIU-JITSU TIGERS	INTERMEDIATE ALL TIGERS	JIU-JITSU 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	JIU-JITSU ADULTS	BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	ADVANCED KICKBOXING ADULTS	JIU-JITSU ALL TIGERS
8:00p	8:00p	7:45p	8:00p	8:00p	1:30p
JIU-JITSU ADULTS	INTERMEDIATE KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	INT/ADV JIU- JITSU ADULTS	ADVANCED TIGERS
9:00p	9:00p		9:00p		3:00p
ADVANCED KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS		JIU-JITSU ADULTS		BIRTHDAY PARTY