



NANUET - CLASS SCHEDULE

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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	4:45p	5:00p	5:00p	5:00p	10:15a
JIU-JITSU TIGERS	JIU-JITSU LITTLE TIGERS	INTERMEDIATE TIGERS	JIU-JITSU TIGERS	JIU-JITSU LITTLE TIGERS	BEGINNER JIU-JITSU ADULTS
6:30p	5:45p	5:45p	5:45p	5:45p	11:15a
BEGINNER TIGERS	BEGINNER LITTLE TIGERS	JIU-JITSU 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	JIU-JITSU TIGERS	BEGINNER LITTLE TIGERS
8:45p	8:00p	8:00p	7:15p	7:30p	1:30p
BEGINNER JIU-JITSU ADULTS	BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER TIGERS	JIU-JITSU LITTLE TIGERS
	9:15p	9:00p	8:30p	8:30p	2:15p
	ADVANCED KICKBOXING ADULTS	INT/ADV JIU-JITSU ADULTS	BEGINNER KICKBOXING ADULTS	ADVANCED KICKBOXING ADULTS	INTERMEDIATE TIGERS
					3:00p
					ADVANCED TIGERS
					4:45p
					BIRTHDAY PARTY / STUDENT OF THE WEEK