



T SMA MORRIS PLAINS - CLASS SCHEDULE

2651 Rt. 10 East * Morris Plains NJ, 07950

Phone: +1 973-998-8741

Email: rockaway@tsk.com

<http://rockawaynjmma.com>

FB: @Morrisplains Tsmma TW: @ @morristmma IG: @morrisplainsmma

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:15 PM	3:30 PM	4:15 PM	4:15 PM	4:00 PM	9:00 AM	9:00 AM
BEGINNER LITTLE TIGERS	CUBS	INTERMEDIATE TIGERS	BEGINNER TIGERS	CUBS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS
5:15 PM	4:30 PM	5:00 PM	5:15 PM	5:15 PM	10:00 AM	10:00 AM
JIU-JITSU TIGERS	JIU-JITSU LITTLE TIGERS	JIU-JITSU TIGERS	INTERMEDIATE ALL TIGERS	JIU-JITSU TIGERS	BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS
6:00 PM	5:15 PM	5:45 PM	6:00 PM	6:00 PM	11:30 AM	
BEGINNER TIGERS	INTERMEDIATE ALL TIGERS	BEGINNER TIGERS	BEGINNER LITTLE TIGERS	INTERMEDIATE TIGERS	BEGINNER TIGERS	
7:00 PM	6:00 PM	6:45 PM	7:00 PM	7:00 PM	12:45 PM	
BEGINNER KICKBOXING ADULTS	BEGINNER LITTLE TIGERS	BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	ADVANCED KICKBOXING ADULT	JIU-JITSU ALL TIGERS	
8:00 PM	7:00 PM	7:45 PM	8:00 PM	8:00 PM	1:30 PM	
JIU-JITSU ADULTS	JIU-JITSU ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	INT/ADV JIU-JITSU ADULTS	ADVANCED TIGERS	
9:00 PM	8:00 PM		9:00 PM			
ADVANCED KICKBOXING ADULT	INTERMEDIATE KICKBOXING ADULTS		JIU-JITSU ADULTS			
	9:00 PM					
	BEGINNER KICKBOXING ADULTS					