



TSMA NANUET - CLASS SCHEDULE

428 NANUET MALL SOUTH * NANUET NY, 10954

Phone: +1 845-501-7096 * Text: 845-709-1772

Email: nanuet@tsk.com

<http://nanuetmma.com>

FB: @https://www.facebook.com/TigerSchulmannsNanuet/ IG: @nanuetmma

Effective Date: March 26th, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30 PM	4:00 PM	4:00 PM	3:00 PM	4:00 PM	8:00 AM
INTERMEDIATE TIGERS	INTERMEDIATE TIGERS	BEGINNER LITTLE TIGERS	CUBS	BEGINNER LITTLE TIGERS	CUBS
5:15 PM	4:45 PM	5:00 PM	4:00 PM	5:00 PM	9:00 AM
JIU-JITSU TIGERS	JIU-JITSU LITTLE TIGERS	INTERMEDIATE TIGERS	BEGINNER TIGERS	JIU-JITSU LITTLE TIGERS	BEGINNER KICKBOXING ADULTS
6:30 PM	5:45 PM	5:45 PM	5:00 PM	5:45 PM	10:15 AM
BEGINNER TIGERS	BEGINNER LITTLE TIGERS	JIU-JITSU TIGERS	JIU-JITSU TIGERS	INTERMEDIATE TIGERS	BEGINNER JIU-JITSU ADULTS
7:30 PM	6:45 PM	6:45 PM	5:45 PM	6:30 PM	11:15 AM
BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER TIGERS	INTERMEDIATE TIGERS	JIU-JITSU TIGERS	INTERMEDIATE KICKBOXING ADULTS
8:45 PM	8:00 PM	8:00 PM	6:30 PM	7:30 PM	12:30 PM
BEGINNER JIU-JITSU ADULTS	BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	ADVANCED TIGERS	BEGINNER TIGERS	BEGINNER LITTLE TIGERS
	9:00 PM	9:00 PM	7:15 PM	8:30 PM	1:30 PM
	ADVANCED KICKBOXING ADULT	ADVANCED KICKBOXING ADULT	INTERMEDIATE KICKBOXING ADULTS	ADVANCED KICKBOXING ADULT	JIU-JITSU LITTLE TIGERS
		9:00 PM	8:30 PM		2:15 PM
		INTER & ADV JIU-JITSU ADULTS	BEGINNER KICKBOXING ADULTS		INTERMEDIATE TIGERS
					3:00 PM
					ADVANCED TIGERS