



## ASTORIA - CLASS SCHEDULE

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Effective Date: August 2nd, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM	4:00 PM	9:00 AM	9:00 AM	9:00 AM	9:00 AM	9:00 AM
BEGINNER KICKBOXING ADULTS	INT/ADV TIGERS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER LITTLE TIGERS
4:00 PM	4:45 PM	10:00 AM	10:00 AM	9:45 AM	9:45 AM	9:45 AM
INT/ADV KICKBOXING TEENS	BEGINNER JIU-JITSU TEENS	INTERMEDIATE KICKBOXING ADULTS	INT/ADV KICKBOXING ADULTS	BEGINNER JIU-JITSU ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER TIGERS
4:00 PM	4:45 PM	4:00 PM	4:00 PM	4:00 PM	10:45 AM	10:30 AM
BEGINNER KICKBOXING TEENS	INT/ADV JIU-JITSU TIGERS	BEGINNER LITTLE TIGERS	BEGINNER TIGERS	INTERMEDIATE TIGERS	BEGINNER LITTLE TIGERS	BEGINNER JIU-JITSU TEENS
4:45 PM	5:30 PM	4:45 PM	4:00 PM	4:45 PM	11:30 AM	10:30 AM
BEGINNER JIU-JITSU TEENS	INT/ADV KICKBOXING TEENS	INTERMEDIATE TIGERS	INTERMEDIATE TIGERS	JIU-JITSU TIGERS	BEGINNER TIGERS	BEGINNER JIU-JITSU ADULTS
4:45 PM	5:30 PM	5:30 PM	4:45 PM	5:30 PM	12:15 PM	11:15 AM
JIU-JITSU TIGERS	BEGINNER KICKBOXING TEENS	JIU-JITSU TIGERS	JIU-JITSU TIGERS	BEGINNER TIGERS	JIU-JITSU TIGERS	BEGINNER KICKBOXING ADULTS
5:30 PM	6:15 PM	6:15 PM	5:30 PM	6:30 PM	1:00 PM	11:15 AM
BEGINNER TIGERS	INT/ADV JIU-JITSU ADULTS	BEGINNER TIGERS	BEGINNER LITTLE TIGERS	BEGINNER KICKBOXING ADULTS	INT/ADV TIGERS	BEGINNER KICKBOXING TEENS
6:15 PM	6:15 PM	7:15 PM	6:30 PM	7:30 PM	2:00 PM	
BEGINNER LITTLE TIGERS	INTERMEDIATE JIU-JITSU TEENS	BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING TEENS	INT/ADV JIU-JITSU ADULTS	INSTRUCTOR TRAINING	
7:15 PM	7:15 PM	8:00 PM	6:30 PM	8:15 PM	3:00 PM	
BEGINNER KICKBOXING ADULTS	INT/ADV KICKBOXING ADULTS	INT/ADV JIU-JITSU ADULTS	BEGINNER KICKBOXING TEENS	ADVANCED KICKBOXING ADULT	INSTRUCTORSHIP PROGRAM	
8:00 PM	8:00 PM	8:45 PM	7:15 PM	9:00 PM		
BEGINNER JIU-JITSU ADULTS	BEGINNER JIU-JITSU ADULTS	ADVANCED KICKBOXING ADULT	BEGINNER JIU-JITSU TEENS	INSTRUCTORSHIP PROGRAM		
8:45 PM	8:45 PM		7:15 PM			
INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS		JIU-JITSU ADULTS			
			8:00 PM			
			INT/ADV KICKBOXING ADULTS			
			8:45 PM			
			BEGINNER KICKBOXING ADULTS			