



BAY RIDGE - CLASS SCHEDULE

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Effective Date: May 9th, 2022

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