



## BAYSIDE - CLASS SCHEDULE

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<https://tsk.com/locations/new-york-locations/queens/bayside>

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Effective Date: April 26th, 2021

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