



BELLEROSE - CLASS SCHEDULE

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Phone:

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Effective Date: October 4th, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:45 PM	4:00 PM	4:45 PM	4:00 PM	4:00 PM	8:00 AM
INTERMEDIATE TIGERS	CUBS	INTERMEDIATE ALL TIGERS	BEGINNER LITTLE TIGERS	INTERMEDIATE LITTLE TIGERS	BEGINNER KICKBOXING ADULTS
5:30 PM	4:45 PM	5:30 PM	4:45 PM	4:45 PM	8:45 AM
JIU-JITSU TIGERS	INTERMEDIATE LITTLE TIGERS	JIU-JITSU ALL TIGERS	BEGINNER TIGERS	JIU-JITSU LITTLE TIGERS	JIU-JITSU ADULTS
6:15 PM	5:30 PM	6:15 PM	5:30 PM	5:30 PM	9:30 AM
BEGINNER TIGERS	JIU-JITSU LITTLE TIGERS	BEGINNER ALL TIGERS	JIU-JITSU TIGERS	BEGINNER LITTLE TIGERS	INTERMEDIATE KICKBOXING ADULTS
7:00 PM	6:15 PM	7:00 PM	6:15 PM	6:15 PM	10:30 AM
INTERMEDIATE KICKBOXING ADULTS	BEGINNER LITTLE TIGERS	INTERMEDIATE KICKBOXING ADULTS	INTERMEDIATE TIGERS	BEGINNER KICKBOXING TEENS	CUBS
7:45 PM	7:00 PM	7:45 PM	7:00 PM	7:00 PM	11:15 AM
JIU-JITSU ADULTS	BEGINNER KICKBOXING ADULTS	JIU-JITSU ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER JIU-JITSU TEENS	BEGINNER ALL TIGERS
8:30 PM	7:45 PM	8:30 PM	7:45 PM		12:00 PM
BEGINNER KICKBOXING ADULTS	JIU-JITSU ADULTS	BEGINNER KICKBOXING ADULTS	JIU-JITSU ADULTS		JIU-JITSU ALL TIGERS
	8:30 PM		8:30 PM		12:45 PM
	INTERMEDIATE KICKBOXING ADULTS		INTERMEDIATE KICKBOXING ADULTS		INTERMEDIATE ALL TIGERS