



BETHLEHEM - CLASS SCHEDULE

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Effective Date: October 18th, 2021

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