



CHELSEA - CLASS SCHEDULE

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Effective Date: March 28th, 2022

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