



ELMWOOD PARK - CLASS SCHEDULE

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<https://tsk.com/locations/new-jersey-locations/elmwood-park>

Effective Date: July 5th, 2021

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