



## FREEHOLD - CLASS SCHEDULE

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Effective Date: September 12th, 2022

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