



GARDEN CITY - CLASS SCHEDULE

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Effective Date: September 5th, 2022

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