



## GLENDALE - CLASS SCHEDULE

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<https://tsk.com/locations/new-york-locations/queens/glendale>

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Effective Date: November 22nd, 2021

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