



GREENPOINT - CLASS SCHEDULE

211 McGuinness Blvd * Brooklyn NY, 11222

Phone: +1 347-764-8764

Email: greenpoint@tsk.com

Effective Date: March 6th, 2023

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