



HOBOKEN - CLASS SCHEDULE

84 Washington Street * Hoboken NJ, 07020

Phone: +1 201-792-5425

Email: hoboken@tsk.com

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

FB: @Tiger Schulmann's Martial Arts (Hoboken, NJ) TW: @TSMMAHoboken IG: @TSMMAHoboken

Effective Date: January 10th, 2022

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