



## JACKSON HEIGHTS - CLASS SCHEDULE

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Effective Date: June 13th, 2022

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