



MANHASSET - CLASS SCHEDULE

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Effective Date: September 13th, 2021

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