



NANUET - CLASS SCHEDULE

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Effective Date: September 13th, 2021

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