



## NORTH PLAINFIELD - CLASS SCHEDULE

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Effective Date: October 3rd, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 AM	4:30 PM	3:30 PM	10:00 AM	4:30 PM	9:00 AM	11:30 AM
BEGINNER KICKBOXING ADULTS	BEGINNER LITTLE TIGERS	BEGINNER LITTLE TIGERS	BEGINNER KICKBOXING ADULTS	BEGINNER TIGERS	BEGINNER KICKBOXING ADULTS	BEGINNER LITTLE TIGERS
4:30 PM	5:15 PM	4:30 PM	4:30 PM	5:15 PM	9:45 AM	12:30 PM
INT/ADV TIGERS	JIU-JITSU LITTLE TIGERS	INT/ADV JIU-JITSU TIGERS	INTERMEDIATE LITTLE TIGERS	INTERMEDIATE TIGERS	BEGINNER JIU-JITSU ADULTS	BEGINNER TIGERS
5:15 PM	6:00 PM	5:15 PM	5:15 PM	6:00 PM	10:30 AM	1:15 PM
INT/ADV JIU-JITSU TIGERS	INTERMEDIATE LITTLE TIGERS	INT/ADV TIGERS	JIU-JITSU LITTLE TIGERS	JIU-JITSU TIGERS	INTERMEDIATE KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS
6:00 PM	6:45 PM	6:00 PM	6:00 PM	6:45 PM	11:15 AM	2:15 PM
BEGINNER TIGERS	BEGINNER KICKBOXING ADULTS	BEGINNER TIGERS	BEGINNER LITTLE TIGERS	ADVANCED JIU-JITSU ADULT	CUBS	ADVANCED KICKBOXING ADULT
6:45 PM	7:30 PM	6:45 PM	6:45 PM	7:30 PM	12:00 PM	2:15 PM
INT/ADV JIU-JITSU ADULTS	INT/ADV KICKBOXING ADULTS	INT/ADV JIU-JITSU ADULTS	BEGINNER KICKBOXING ADULTS	SPARRING ADULTS	BEGINNER TIGERS	COMPETITION KICKBOXING
7:30 PM	8:15 PM	7:30 PM	7:30 PM		12:45 PM	
INSTRUCTOR TRAINING	BEGINNER JIU-JITSU ADULTS	INT/ADV KICKBOXING ADULTS	BEGINNER JIU-JITSU ADULTS		BEGINNER LITTLE TIGERS	
7:30 PM		8:15 PM	8:15 PM		1:30 PM	
BEGINNER KICKBOXING ADULTS		BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS		JIU-JITSU ALL TIGERS	
8:15 PM					2:15 PM	
INT/ADV KICKBOXING ADULTS					INTERMEDIATE ALL TIGERS	
					3:15 PM	
					COMPETITION JIU-JITSU	