



PARAMUS - CLASS SCHEDULE

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Effective Date: August 30th, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00 PM	4:00 PM	4:00 PM	4:00 PM	4:00 PM	9:00 AM
INT/ADV ALL TIGERS	BEGINNER ALL TIGERS	INT/ADV ALL TIGERS	BEGINNER ALL TIGERS	BEGINNER ALL TIGERS	INT/ADV KICKBOXING ADULTS
5:00 PM	5:00 PM	5:00 PM	5:00 PM	5:00 PM	10:00 AM
JIU-JITSU ALL TIGERS	JIU-JITSU ALL TIGERS	JIU-JITSU ALL TIGERS	JIU-JITSU ALL TIGERS	JIU-JITSU ALL TIGERS	BEGINNER KICKBOXING ADULTS
6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:00 PM	11:00 AM
BEGINNER ALL TIGERS	INT/ADV ALL TIGERS	BEGINNER ALL TIGERS	INT/ADV ALL TIGERS	INT/ADV ALL TIGERS	CUBS
7:00 PM	7:00 PM	7:00 PM	7:00 PM	7:00 PM	12:00 PM
INT/ADV KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	INT/ADV KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	INT/ADV KICKBOXING ADULTS	INT/ADV ALL TIGERS
8:00 PM	8:00 PM	8:00 PM	8:00 PM		1:00 PM
JIU-JITSU ADULTS	INT/ADV KICKBOXING ADULTS	JIU-JITSU ADULTS	INT/ADV KICKBOXING ADULTS		JIU-JITSU ALL TIGERS
9:00 PM	9:00 PM	9:00 PM	9:00 PM		2:00 PM
BEGINNER KICKBOXING ADULTS	JIU-JITSU ADULTS	BEGINNER KICKBOXING ADULTS	JIU-JITSU ADULTS		BEGINNER ALL TIGERS