



## REGO PARK - CLASS SCHEDULE

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<https://tsk.com/locations/new-york-locations/queens/rego-park>

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Effective Date: September 13th, 2021

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