



ROCKVILLE - CLASS SCHEDULE

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Effective Date: August 2nd, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM	9:00 AM	5:00 PM	5:00 PM	9:00 AM	6:45 AM	10:00 AM
BEGINNER KICKBOXING ADULTS	INSTRUCTOR TRAINING	INTERMEDIATE TIGERS	BEGINNER TIGERS	BEGINNER KICKBOXING ADULTS	INSTRUCTOR TRAINING	COMPETITION KICKBOXING
4:15 PM	5:00 PM	5:45 PM	5:00 PM	3:00 PM	8:45 AM	10:45 AM
CUBS	BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER LITTLE TIGERS	BEGINNER KICKBOXING ADULTS	COMPETITION JIU-JITSU
5:00 PM	5:00 PM	5:45 PM	5:45 PM	3:00 PM	8:45 AM	
INTERMEDIATE TIGERS	BEGINNER TIGERS	JIU-JITSU TIGERS	JIU-JITSU TIGERS	BEGINNER TIGERS	INTERMEDIATE KICKBOXING ADULTS	
5:00 PM	5:45 PM	6:30 PM	6:30 PM	3:45 PM	10:00 AM	
BEGINNER LITTLE TIGERS	JIU-JITSU TIGERS	BEGINNER TIGERS	INTERMEDIATE TIGERS	JIU-JITSU TIGERS	CUBS	
5:45 PM	6:30 PM	6:30 PM	6:30 PM	4:30 PM	10:00 AM	
JIU-JITSU TIGERS	BEGINNER LITTLE TIGERS	BEGINNER LITTLE TIGERS	BEGINNER LITTLE TIGERS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER TIGERS	
6:30 PM	6:30 PM	7:30 PM	7:30 PM	4:30 PM	10:00 AM	
ADVANCED TIGERS	INTERMEDIATE TIGERS	INSTRUCTORSHIP PROGRAM	BEGINNER KICKBOXING ADULTS	INTERMEDIATE TIGERS	BEGINNER LITTLE TIGERS	
6:30 PM	7:30 PM	7:30 PM	7:30 PM	4:30 PM	10:45 AM	
BEGINNER TIGERS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	JIU-JITSU TIGERS	
7:30 PM	7:30 PM		8:15 PM		11:30 AM	
INTERMEDIATE KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS		JIU-JITSU ADULTS		BEGINNER LITTLE TIGERS	
7:30 PM	8:15 PM				11:30 AM	
BEGINNER KICKBOXING ADULTS	JIU-JITSU ADULTS				CUBS	
8:15 PM					11:30 AM	
ADVANCED KICKBOXING ADULT					INTERMEDIATE TIGERS	