



SEAFORD - CLASS SCHEDULE

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Effective Date: June 27th, 2022

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