



## SHORT HILLS - CLASS SCHEDULE

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Effective Date: September 12th, 2022

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