



## STAMFORD - CLASS SCHEDULE

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Effective Date: October 25th, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 AM	4:00 PM	10:00 AM	4:00 PM	10:00 AM	9:00 AM
BEGINNER KICKBOXING ADULTS	BEGINNER ALL TIGERS	BEGINNER KICKBOXING ADULTS	CUBS	BEGINNER KICKBOXING ADULTS	CUBS
3:45 PM	4:45 PM	3:45 PM	4:45 PM	4:00 PM	10:00 AM
BEGINNER ALL TIGERS	INTERMEDIATE ALL TIGERS	INTERMEDIATE ALL TIGERS	JIU-JITSU ALL TIGERS	ADVANCED TIGERS	INT/ADV KICKBOXING ADULTS
4:45 PM	5:30 PM	4:45 PM	5:45 PM	5:00 PM	10:00 AM
JIU-JITSU ALL TIGERS	JIU-JITSU ALL TIGERS	ADVANCED TIGERS	INTERMEDIATE ALL TIGERS	JIU-JITSU ALL TIGERS	BEGINNER KICKBOXING ADULTS
5:45 PM	6:30 PM	5:45 PM	7:00 PM	6:00 PM	11:15 AM
INTERMEDIATE ALL TIGERS	INT/ADV KICKBOXING ADULTS	BEGINNER ALL TIGERS	INT/ADV KICKBOXING ADULTS	BEGINNER ALL TIGERS	BEGINNER ALL TIGERS
6:45 PM	7:30 PM	6:45 PM	8:15 PM	7:00 PM	12:15 PM
BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	BEGINNER KICKBOXING ADULTS	INT/ADV KICKBOXING TEENS	JIU-JITSU ALL TIGERS
7:45 PM		7:45 PM		7:00 PM	1:15 PM
INT/ADV KICKBOXING ADULTS		INT/ADV KICKBOXING ADULTS		INT/ADV KICKBOXING ADULTS	INTERMEDIATE ALL TIGERS
8:45 PM		8:45 PM		8:00 PM	2:00 PM
JIU-JITSU ADULTS		JIU-JITSU ADULTS		ADVANCED JIU-JITSU ADULT	ADVANCED TIGERS