



## SYOSSET - CLASS SCHEDULE

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<https://tsk.com/locations/new-york-locations/syosset>

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Effective Date: October 5th, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM	3:30 PM	3:45 PM	9:45 AM	9:30 AM	7:45 AM	9:00 AM
JIU-JITSU ADULTS	CUBS	CUBS	INSTRUCTOR TRAINING	INTERMEDIATE KICKBOXING ADULTS	INTERMEDIATE KICKBOXING ADULTS	COMPETITION JIU-JITSU
9:30 AM	4:30 PM	4:30 PM	4:30 PM	4:00 PM	9:00 AM	9:00 AM
INTERMEDIATE KICKBOXING ADULTS	INTERMEDIATE LITTLE TIGERS	CUBS	INTERMEDIATE TIGERS	BEGINNER ALL TIGERS	INTER & ADV JIU-JITSU ADULTS	COMPETITION KICKBOXING
3:15 PM	5:15 PM	4:30 PM	5:15 PM	4:45 PM	9:30 AM	
CUBS	JIU-JITSU LITTLE TIGERS	JIU-JITSU LITTLE TIGERS	JIU-JITSU TIGERS	INT/ADV ALL TIGERS	CUBS	
4:00 PM	6:00 PM	5:15 PM	6:00 PM	5:30 PM	9:45 AM	
BEGINNER ALL TIGERS	BEGINNER ALL TIGERS	INTERMEDIATE ALL TIGERS	BEGINNER ALL TIGERS	JIU-JITSU ALL TIGERS	ADVANCED TIGERS	
4:45 PM	6:45 PM	6:00 PM	7:00 PM	6:15 PM	10:30 AM	
JIU-JITSU TIGERS	INT/ADV KICKBOXING ADULTS	JIU-JITSU TIGERS	JIU-JITSU ADULTS	INTERMEDIATE KICKBOXING ADULTS	BEGINNER ALL TIGERS	
5:15 PM	7:45 PM	6:45 PM	7:45 PM		11:15 AM	
INTERMEDIATE ALL TIGERS	JIU-JITSU ADULTS	ADVANCED KICKBOXING ADULT	INTERMEDIATE KICKBOXING ADULTS		JIU-JITSU ALL TIGERS	
6:15 PM		7:45 PM			12:00 PM	
JIU-JITSU ADULTS		BEGINNER KICKBOXING ADULTS			INTERMEDIATE ALL TIGERS	
7:00 PM						
INT/ADV KICKBOXING ADULTS						
7:45 PM						
BEGINNER KICKBOXING ADULTS						