



UPPER EAST SIDE - CLASS SCHEDULE

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Effective Date: February 6th, 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------------------|--------------------------------|--------------------------------|--------------------------------|-------------------------------|--------------------------------|--------------------------------|
| 4:00 PM | 4:00 PM | 4:00 PM | 4:00 PM | 4:00 PM | 8:00 AM | 8:00 AM |
| BEGINNER KICKBOXING TEENS | BEGINNER LITTLE TIGERS | BEGINNER TIGERS | BEGINNER LITTLE TIGERS | BEGINNER TIGERS | BEGINNER KICKBOXING ADULTS | BEGINNER KICKBOXING ADULTS |
| 4:45 PM | 5:30 PM | 4:45 PM | 4:45 PM | 4:45 PM | 9:00 AM | 9:00 AM |
| JIU-JITSU TIGERS | BEGINNER KICKBOXING TEENS | INTERMEDIATE TIGERS | INTERMEDIATE LITTLE TIGERS | JIU-JITSU TIGERS | BEGINNER JIU-JITSU ADULTS | INTERMEDIATE KICKBOXING ADULTS |
| 5:30 PM | 6:15 PM | 5:30 PM | 5:30 PM | 5:30 PM | 10:00 AM | 11:00 AM |
| BEGINNER TIGERS | INTERMEDIATE KICKBOXING TEENS | BEGINNER LITTLE TIGERS | BEGINNER KICKBOXING TEENS | BEGINNER KICKBOXING TEENS | INTERMEDIATE KICKBOXING ADULTS | BEGINNER KICKBOXING TEENS |
| 6:15 PM | 7:00 PM | 6:15 PM | 6:15 PM | 6:15 PM | 11:15 AM | 11:45 AM |
| INTERMEDIATE TIGERS | INTERMEDIATE KICKBOXING ADULTS | JIU-JITSU LITTLE TIGERS | BEGINNER JIU-JITSU TEENS | INTERMEDIATE KICKBOXING TEENS | BEGINNER LITTLE TIGERS | BEGINNER JIU-JITSU TEENS |
| 7:00 PM | 8:00 PM | 7:00 PM | 7:00 PM | 7:00 PM | 12:00 PM | |
| BEGINNER KICKBOXING ADULTS | BEGINNER KICKBOXING ADULTS | BEGINNER KICKBOXING ADULTS | INTERMEDIATE KICKBOXING ADULTS | BEGINNER KICKBOXING ADULTS | BEGINNER TIGERS | |
| 8:00 PM | 9:00 PM | 8:00 PM | 8:00 PM | 8:00 PM | 1:00 PM | |
| BEGINNER JIU-JITSU ADULTS | BEGINNER JIU-JITSU ADULTS | INTERMEDIATE KICKBOXING ADULTS | BEGINNER KICKBOXING ADULTS | ADVANCED KICKBOXING ADULT | JIU-JITSU TIGERS | |
| 9:00 PM | | 9:00 PM | | | 1:45 PM | |
| ADVANCED KICKBOXING ADULT | | INSTRUCTORSHIP PROGRAM | | | INTERMEDIATE TIGERS | |