



YONKERS - CLASS SCHEDULE

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Effective Date: October 11th, 2021

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