

Fall Schedule

September 1, 2009 – November 30, 2009

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
|--|--------------------------|--|-------------------------------------|--|--------------------------|--|-------------------------------------|---|--|--|--|
| 10:45AM – 11:15AM Tiny Tigers | | 10:00AM– 10:45AM Morning Class Teens & Adults All Belts | | | | 10:00AM– 10:45AM Morning Class Teens & Adults All Belts | | 10:45AM – 11:15AM Tiny Tigers | | 10:00AM – 10:40AM White – Green Jr. & Tiny Tigers (Sparring Group Only) | |
| 4:30PM – 5:00PM Tiny Tigers | | 5:00PM – 5:45PM Children Yellow Sr. & Up | | 4:30PM – 5:00PM Tiny Tigers | | 5:00PM – 5:45PM Children Yellow Sr. & Up | | 4:30PM – 5:00PM Tiny Tigers | | 10:45AM – 11:30AM Green Sr. & Up. | |
| 5:00PM – 5:40PM Children White – Green Jr. | | 5:30PM – 6:00PM Tiny Tigers | | 5:00PM – 5:40PM Children White – Green Jr. | | 5:30PM – 6:00PM Tiny Tigers | | 5:00PM – 5:45PM Children & Tiny Tigers (Sparring Group Only) White – Green Jr. MUST BRING GEARS | | 11:35PM – 12:15PM Cardio Kickboxing | |
| 5:45PM – 6:30PM Children Green Sr. & Up | | 5:45PM – 6:30PM Family White – Green Jr. | | 5:45PM – 6:30PM Children Green Sr. & Up | | 5:45PM – 6:30PM Family White – Green Jr. | | 6:00 PM – 6:45 PM Children (Green Sr. & Up) Teens & Adults (All Belts) MUST BRING GEARS | | 11:30PM – 12:00PM DEMO PRACTICE | |
| 6:45PM – 7:30PM Teens & Adults All Belts | | 6:45PM – 7:30PM Family Green Sr. & Up | | 6:45PM – 7:30PM Teens & Adults All Belts | | 6:45PM – 7:30PM Family Green Sr. & Up | | TO BE ANNOUNCED | | 2:00 PM Birthday Party | |
| 7:30PM – 8:10PM BBC | 7:30PM – 8:25PM ZUMBA | 7:30PM – 8:10PM Cardio Kickboxing | 7:30PM – 8:00PM DEMO PRACTICE | 7:30PM – 8:10PM BBC | 7:30PM – 8:25PM ZUMBA | 7:30PM – 8:10PM Cardio Kickboxing | 7:30PM – 8:00PM DEMO PRACTICE | TO BE ANNOUNCED | | 4:00 PM Birthday Party | |
| | | | | | | | | TO BE ANNOUNCED | | TO BE ANNOUNCED | |