

# School of the Tiger

## Class Schedule 2010

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 - 9:00 AM	Open Facility	Open Facility	Open Facility	Open Facility	Private lessons available with Chris Raderchak, Andy Khen, or Willie Hernandez	Closed
10:00 AM	10:00 - 11:00 Kyokushin Full Contact (John Segale)	10:00 - 11:15 Muay Thai (Andy Khen)	10:00 - 11:00 Kyokushin Full Contact (John Segale)	10:00 - 11:15 Muay Thai (Andy Khen)	10:00 - 11:00 Kyokushin Full Contact (John Segale)	Private lessons available with Chris Raderchak, Andy Khen, or Willie Hernandez
11:00 AM	11:00 - 12:15 Boxing 17 & up (Benny Garcia)	11:00 - 12:15 Boxing 17 & up (Benny Garcia)	11:00 - 12:15 Boxing 17 & up (Benny Garcia)	11:00 - 12:15 Boxing 17 & up (Benny Garcia)	11:00 - 12:15 Boxing 17 & up (Benny Garcia)	11:00 - 12:00 Weapons 11:00 - 12:00 Boxing 17 & up
12:00 PM	Open Facility	Open Facility	Open Facility	Open Facility	Open Facility	12:15 - 1:15 Boxing 17 & up (Benny Garcia) 12:00 - 2:00 Kyokushin Full Contact
1:00 PM	1:00 - 2:00 Kyokushin Conditioning (Chris Raderchak)	12:30 - 2:00 Aiki Jujitsu	1:00 - 2:00 Kyokushin Conditioning (Chris Raderchak)	12:30 - 2:00 Aiki Jujitsu	Open Facility	Open Facility
2:00 PM	Open Facility	Open Facility	Open Facility	Open Facility	Open Facility	2:00 - 3:00 Kyokushin Black Belt Class
3:00 PM	Open Facility	Open Facility	Open Facility	Open Facility	Open Facility	3:00 - 4:00 Aiki Jujitsu/Police Jujitsu (Chris Raderchak)
4:00 PM	4:00 - 5:30 Fencing	4:30 - 5:30 Muay Thai - Kids 10 - 14 (Andy Khen)	4:30 - 5:30 Intro to Karate Age 4 & 5	4:00 - 5:30 Fencing	Open Facility	Open Facility
	4:30 - 5:30 Intro to Karate Age 4 & 5	4:30 - 5:30 Intro to Karate Age 4 & 5		4:30 - 5:30 Muay Thai - Kids 10 - 14 (Andy Khen)		
	Boxing 4:45 - 6:00 (Benny Garcia)	Boxing 4:45 - 6:00 (Benny Garcia)	Boxing 4:45 - 6:00 (Benny Garcia)	Boxing 4:45 - 6:00 (Benny Garcia)		
5:00 PM	5:45 - 7:00 Kyokushin Karate	5:45 - 7:00 Kyokushin Karate	5:45 - 7:00 Kyokushin Karate	5:45 - 7:00 Kyokushin Karate	5:00 - 6:00 Kyokushin Karate	5:00 - 6:00 Kyokushin Karate
	5:00 - 6:00 MMA Grappling		5:00 - 6:00 MMA Grappling		5:00 - 6:00 MMA Grappling	
	5:00 - 6:00 Aiki Jujitsu		5:00 - 6:00 Aiki Jujitsu		Boxing 5:00 - 6:00 (Benny Garcia)	
6:00 PM	Boxing 6:15 - 7:30 (Benny Garcia)	Boxing 6:15 - 7:30 (Benny Garcia)	Boxing 6:15 - 7:30 (Benny Garcia)	Boxing 6:15 - 7:30 (Benny Garcia)	6:00 - 7:00 Kyokushin Black Belt Class Boxing 6:15 - 7:15 (Benny Garcia)	Open Facility
	6:00 - 7:15 Muay Thai (Andy Khen)	6:00 - 7:15 Muay Thai (Andy Khen)	6:00 - 7:15 Muay Thai (Andy Khen)	6:00 - 7:15 Muay Thai (Andy Khen)		
7:00 PM	7:00 - 8:15 Kyukoshin Karate	7:00 - 8:15 Kyukoshin Karate	7:00 - 8:15 Kyukoshin Karate	7:00 - 8:15 Kyukoshin Karate	Boxing 7:45 - 9:00 (Benny Garcia)	Open Facility
	7:30 - 8:30 Kyokushin Full Contact		7:30 - 8:30 Kyokushin Full Contact			
	Boxing 7:45 - 9:00 (Benny Garcia)	Boxing 7:45 - 9:00 (Benny Garcia)	Boxing 7:45 - 9:00 (Benny Garcia)	Boxing 7:45 - 9:00 (Benny Garcia)		
	7:45 - 9:00 Muay Thai (Andy Khen)	7:30 - 8:30 Aiki Jujitsu	7:45 - 9:00 Muay Thai (Andy Khen)	7:30 - 8:30 Aiki Jujitsu		
8:00 - 9:00 PM	Open Facility	Open Facility	Open Facility	Open Facility	Open Facility	Closed
Legend	All Ages	14 and under	15 and up			

Hours of operation Monday - Friday 8 am to 10 pm Saturdays 10am - 8pm