
















NYBBC CLASS SCHEDULE



MON	TUES	WED	THURS*	FRI*	SAT
9:30-10:30 Fight Fit CARDIO KB 		9:30-10:30 Fight Fit CARDIO KB 	9:30-10:30 Fight Fit CARDIO KB 	ZUMBINI WITH JOANNA INFO : ZUMBYJOANNA@GMAIL.COM	9:00-10:00 A.M. Fight Fit CARDIO KB 
3:30-4 3,4,5 YR OLDS	3:30-4 3,4,5 YR OLDS	3:30-4 3,4,5 YR OLDS	3:30-4 3,4,5 YR OLDS	3:30-4 3,4,5 YR OLDS	10:30-11:00 A.M. 3,4,5 YR OLDS
4:15-4:45 6,7,8 WHITE BELTS	4:15-4:45 6,7,8 WHITE BELTS	4:15-4:45 6,7,8 WHITE BELTS	4:15-4:45 6,7,8 WHITE BELTS	4:15-4:45 6,7,8 WHITE BELTS	11:15 – 12:00 6 YR OLD & UP
4:45-5:30 6,7,8	4:45-5:30 6,7,8	4:45-5:30 6,7,8	4:45-5:30 6,7,8	4:45-5:30 6,7,8	12:00 PM OLYMPIC TRAINING 
6:00-6:45 9-14 YR OLDS	6:00-6:45 9-14 YR OLDS	6:00-6:45 9-14 YR OLDS	6:00-6:45 9-14 YR OLDS SPARRING	6:00-6:45 9-14 YR OLDS SPARRING	
7:30-8:15 Fight Fit CARDIO KB 	7:30-8:15 Fight Fit CARDIO KB 	7:30-8:15 Fight Fit CARDIO KB 	7:30-8:15 Fight Fit CARDIO KB 	7:15-8:00 TEEN/ADULTS & BLACK BELTS	
8:15-9:00 TEEN & ADULTS	8:15-9:00 TEEN & ADULTS *CBP TRAINING	8:15-9:00 TEEN & ADULTS	8:15-9:00 TEENS & ADULTS *CBP TRAINING		

*ALL PRIVATE AND INTRODUCTORY LESSONS WILL BE SCHEDULED

IF INTERESTED IN THE **COACH BARDATSOS PROGRAM (COMPETITION)

PLEASE INQUIRE WITHIN THE OFFICE**

***STUDENTS MUST BRING SPARRING GEAR ON THURSDAY & FRIDAY (ADULTS EVERYDAY) ***

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