

NETKD SCHEDULE

Chief Instructor: Shawn Mackisey
(401)821-0118

<u>SUNDAY:</u>	9:00 AM-10:00 AM	Children/Adults	Mr. Perry
<u>MONDAY:</u>	1:00 PM-2:00 PM	Children/Adults	Mr. Mackisey
	4:30 PM-5:30 PM	Children	Mr. Tennent
	6:30 PM-7:30 PM	Adults	Mr. Mackisey
	7:30 PM-8:30 PM	Cardio Kickboxing	Mr. Mackisey
<u>TUESDAY:</u>	5:30 PM-7:30 PM	Adult Full Contact	Mr. Henchir
	7:30 PM-8:30 PM	Children/Adults	Mr. Henchir
<u>WEDNESDAY:</u>	1:00 PM-2:00 PM	Children/Adults	Mr. Mackisey
<u>THURSDAY:</u>	5:15 PM-6:15 PM	Children Full Contact	Mr. Mackisey
	6:15 PM-7:15 PM	Children	Mr. Mackisey
	7:30 PM-8:30 PM	Adults	Mr. Mackisey
<u>FRIDAY:</u>	5:30 PM-6:30 PM	Beginner Class	Mr. Mackisey
	6:30 PM-7:30 PM	Children/Adults	Mr. Mackisey
<u>SATURDAY:</u>	9:00 AM-10:00 AM	Children	Mr. Mackisey
	10:00 AM-11:00 AM	Adult	Mr. Mackisey

Private Lessons available!

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