



Hillsborough Schedule

Effective November 3, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>PRIVATE LESSONS available 6 days</i>	4:45 – 5:30 White – Sr. Blue Juniors	<i>PRIVATE LESSONS available 6 days</i>	4:45 – 5:30 White – Sr. Blue Juniors	<i>PRIVATE LESSONS available 6 days</i>	8:45 – 9:30 All Ranks Juniors / Teens & Adults
5:00 – 5:30 <i>Little Kickers</i>	5:30 – 6:00 Black Belt Club	5:00 – 5:30 <i>Little Kickers</i>	5:30 – 6:00 Open Mat	5:00 – 5:30 <i>Little Kickers</i>	9:30 – 10:15 MMA All
5:30 – 6:15 White – Sr. Yellow Juniors	6:00 – 6:45 Brown & Above Juniors	5:30 – 6:15 White – Sr. Yellow Juniors	6:00 – 6:45 Brown & Above Juniors	5:30 – 6:15 All Ranks Juniors / Teens & Adults	10:15 – 10:45 Open Mat
6:15 – 6:45 Open Mat	6:00 – 6:45 All Ranks Teens/Adults	6:15 – 6:45 Open Mat	6:00 – 6:45 All Ranks Teens/Adults	<i>Special Events</i>	10:45 – 11:30 White – Sr. Yellow Family Class
6:45 – 7:30 Green & Above Juniors / Teens & Adults	6:45 – 7:30 MMA All	6:45 – 7:30 Green & Above Juniors / Teens & Adults	6:45 – 7:30 MMA All		11:30 – 12:00 <i>Little Kickers</i>
6:45 – 8:00 Black Belts, Teen & Adults	7:30 – 8:00 MMA Teens / Adults Live Grappling	6:45 – 8:00 Black Belts, Teen & Adults	7:30 – 8:00 MMA Teens / Adults Live Sparring		

For information on belt requirements, current events or school closings visit kicksidema.com.

Questions or concerns contact 908-336-8409 or email Kicksidemahills@gmail.com

LEGEND:

Family Class – available for all age groups

Black Belt Club – select invited Students