

CLASS SCHEDULE



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

					CARDIO KICKBOXING 8am-8:45am (front)
CARDIO KICKBOXING 10am-10:45am (front)	YOUTH KARATE OPEN AGE 9:30am-10am (front)	CARDIO KICKBOXING 10am-10:45am (front)	YOUTH KARATE OPEN AGE 9:30am-10am (front)		YOUTH KARATE OPEN AGE 9am-9:30am (front)
					YOUTH KICKBOXING 10am-10:30am (front)
TEAM LINK BJJ 11am-12pm (front)		TEAM LINK BJJ 11am-12pm (front)		TEAM LINK BJJ OPEN MAT 11am-12pm (front)	TEAM LINK YOUTH BJJ 10am-10:45am (back)
					TEAM LINK BJJ OPEN MAT 11am-12:30pm (front)
YOUTH KARATE OPEN AGE 4pm-4:30pm (front)	YOUTH KARATE OPEN AGE 4pm-4:30pm (front)	YOUTH KARATE OPEN AGE 4pm-4:30pm (front)	YOUTH KARATE OPEN AGE 4pm-4:30pm (front)	YOUTH KARATE OPEN AGE 4pm-4:30pm (front)	TEAM LINK MMA 11am-12:30pm (downstairs)
YOUTH KARATE OPEN AGE 5pm-5:30pm (front)	YOUTH KARATE OPEN AGE 5pm-5:30pm (front)	YOUTH KARATE OPEN AGE 5pm-5:30pm (front)	YOUTH KARATE OPEN AGE 5pm-5:30pm (front)	YOUTH KARATE OPEN AGE 5pm-5:30pm (front)	AGE GROUPS Kids Karate: 3-12 yrs Adult Karate: 13 yrs+ Kids BJJ: 5-15 yrs Team Link Thai/MMA: 13 yrs+ Team Link BJJ: 16 yrs+ Cardio Kickboxing: 13 yrs+
TEAM LINK BJJ 5:30pm-7pm (front)	ADULT KARATE OPEN 6pm-6:45pm (front)	TEAM LINK NO-GI BJJ 5:30pm-7pm (front)	ADULT KARATE OPEN 6pm-6:45pm (back)		
TEAM LINK KIDS BJJ 6pm-6:45pm (back)	TEAM LINK BJJ 6pm-7:30pm (back)		TEAM LINK KIDS BJJ 6pm-6:45pm (front)	TEAM LINK BJJ FUNDAMENTALS 6pm-7pm (front)	
TEAM LINK THAI KICKBOXING 6pm-6:45pm (downstairs)		TEAM LINK THAI KICKBOXING 6pm-6:45pm (downstairs)	TEAM LINK BJJ 7pm-8:30pm (back)		
	CARDIO KICKBOXING 7pm-7:45pm (front)	ADULT KARATE OPEN 7pm-7:45pm (front)	CARDIO KICKBOXING 7pm-7:45pm (front)		
TEAM LINK MMA 7pm-8:30pm (downstairs)		TEAM LINK MMA 7pm-8:30pm (downstairs)			LOOKING FOR PRIVATE LESSONS OR PERSONAL TRAINING? PLEASE INQUIRE!

2 WEEK FREE TRIAL!
(603) 641-3444