

# CLASS SCHEDULE



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

					<b>CARDIO KICKBOXING</b> 8am-8:45am (front)
<b>CARDIO KICKBOXING</b> 10am-10:45am (front)	<b>YOUTH KARATE OPEN AGE</b> 9:30am-10am (front)	<b>CARDIO KICKBOXING</b> 10am-10:45am (front)	<b>YOUTH KARATE OPEN AGE</b> 9:30am-10am (front)		<b>YOUTH KARATE OPEN AGE</b> 9am-9:30am (front)
<b>TEAM LINK NO-GI</b> 11am-12pm (front)	<b>TEAM LINK BJJ OPEN MAT</b> 11am-12pm (front)	<b>TEAM LINK NO-GI</b> 11am-12pm (front)	<b>TEAM LINK BJJ OPEN MAT</b> 11am-12pm (front)	<b>TEAM LINK BJJ OPEN MAT</b> 11am-12pm (front)	<b>YOUTH KICKBOXING</b> 10am-10:30am (front)
					<b>TEAM LINK YOUTH BJJ</b> 10am-10:45am (back)
<b>YOUTH KARATE OPEN AGE</b> 4pm-4:30pm (front)	<b>YOUTH KARATE OPEN AGE</b> 4pm-4:30pm (front)	<b>YOUTH KARATE OPEN AGE</b> 4pm-4:30pm (front)	<b>YOUTH KARATE OPEN AGE</b> 4pm-4:30pm (front)	<b>YOUTH KARATE OPEN AGE</b> 4pm-4:30pm (front)	<b>TEAM LINK BJJ OPEN MAT</b> 11am-12:30pm (front)
<b>YOUTH KARATE OPEN AGE</b> 5pm-5:30pm (front)	<b>YOUTH KARATE OPEN AGE</b> 5pm-5:30pm (front)	<b>YOUTH KARATE OPEN AGE</b> 5pm-5:30pm (front)	<b>YOUTH KARATE OPEN AGE</b> 5pm-5:30pm (front)	<b>YOUTH KARATE OPEN AGE</b> 5pm-5:30pm (front)	<b>TEAM LINK MMA</b> 11am-12:30pm (downstairs)
<b>TEAM LINK BJJ GI</b> 5:30pm-7pm (front)	<b>ADULT KARATE OPEN</b> 6pm-6:45pm (front)	<b>TEAM LINK NO-GI</b> 5:30pm-7pm (front)	<b>ADULT KARATE OPEN</b> 6pm-6:45pm (back)		<b>AGE GROUPS</b> 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+
<b>TEAM LINK KIDS BJJ</b> 6pm-6:45pm (back)		<b>YOUTH KICKBOXING</b> 6pm-6:45pm (back)	<b>TEAM LINK KIDS BJJ</b> 6pm-6:45pm (front)	<b>TEAM LINK BJJ GI</b> 6pm-7pm (front)	
<b>TEAM LINK THAI KICKBOXING</b> 6pm-6:45pm (downstairs)	<b>TEAM LINK BJJ GI</b> 5:30PM-7PM (BACK)	<b>TEAM LINK THAI KICKBOXING</b> 6pm-6:45pm (downstairs)	<b>TEAM LINK BJJ GI</b> 5:30pm-7pm (back)	<b>LOOKING FOR PRIVATE LESSONS OR PERSONAL TRAINING? PLEASE INQUIRE!</b>	
	<b>BJJ OPEN ROLLING</b> 7PM-7:30PM	<b>ADULT KARATE OPEN</b> 7pm-7:45pm (front)	<b>BJJ OPEN ROLLING</b> 7pm-7:30pm		
<b>TEAM LINK MMA</b> 7pm-8:30pm (downstairs)	<b>CARDIO KICKBOXING</b> 7pm-7:45pm (front)	<b>TEAM LINK MMA</b> 7pm-8:30pm (downstairs)	<b>CARDIO KICKBOXING</b> 7pm-7:45 (front)	<b>SUNDAY OPEN MAT 10AM-11:30AM</b>	<b>2 WEEK FREE TRIAL!</b>

**(603) 641-3444**