CLASS SCHEDULE



					TIME BIL & MIL
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		TIDIO	SAR		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 NO-GI 11am-12pm (front)	LINK B.D. CN MAT Lam-12 photography	TEAM LINK NO-GI 11am-12pm (front)	- LAM Lingue OPEN MAT 11am-12 (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
TEAM LINK BJJ GI 5:30pm-7pm (front)	ADULT KARATE OPEN 6pm-6:45pm (front)	TEAM LINK NO-GI 5:30pm-7pm (front)	ADULT KARATE OPEN 6pm-6:45pm (back)	1.1	Adult Karate: 13 yrs+ Kids BJJ: 5-15 yrs Team Link Thai/MMA: 13 yrs+
TEAM LINK KIDS BJJ 6pm-6:45pm (back)		YOUTH KICKBOXING 6pm-6:45pm (back)	TEAM LINK KIDS BJJ 6pm-6:45pm (front)	TEAM LINK BJJ GI 6pm-7pm (front)	Team Link BJJ: 16 yrs+ Cardio Kickboxing: 13 yrs+
TEAM LINK THAI KICKBOXING 6pm-6:45pm (downstairs)	TEAM LINK BJJ GI 5:30PM-7PM (BACK)	TEAM LINK THAI KICKBOXING 6pm-6:45pm (downstairs)	TEAM LINK BJJ GI 5:30pm-7pm (back)	LOOKING FOR PRIVATE LESSONS OR PERSONAL TRAINING? PLEASE INQUIRE!	Please be on time for class! If you are more than 10 minutes late, you will not be permitted to attend. Gi's must be worn (Tokyo Joe's t-shirts/shorts may be worn for Karate, except on graduation day. Rank belts must be worn.
	BJJ OPEN ROLLING 7PM-7:30PM	ADULT KARATE OPEN 7pm-7:45pm (front)	BJJ OPEN ROLLING 7pm-7:30pm		
TEAM LINK MMA 7pm-8:30pm (downstairs)	CARDIO KICKBOXING 7pm-7:45pm (front)	TEAM LINK MMA 7pm-8:30pm (downstairs)	CARDIO KICKBOXING 7pm-7:45 (front)	SUNDAY OPEN MAT 10AM-11:30AM	2 WEEK FREE TRIAL!
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