

# CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	YOUTH KARATE OPEN 9:30am-10am (front)		YOUTH KARATE OPEN 9:30am-10am (front)		CARDIO KICKBOXING 8am-8:45am (front)
CARDIO KICKBOXING 10am-10:45am (front)	TEAM LINK YOUTH BJJ 10am-10:45am (front)	CARDIO KICKBOXING 10am-10:45am (front)	TEAM LINK YOUTH BJJ 10am-10:45am (front)		YOUTH KARATE OPEN AGE 9am-9:30am (front)
TEAM LINK BJJ NO-GI 11am-12pm (front)		TEAM LINK BJJ NO-GI 11am-12pm (front)		TEAM LINK BJJ OPEN MAT 11am-12pm (front)	YOUTH KICKBOXING 10am-10:45am (downstairs)
					TEAM LINK YOUTH BJJ 10am-10:45am (front)
YOUTH KARATE OPEN 4pm-4:30pm (front)	YOUTH KARATE OPEN 4pm-4:30pm (front)	YOUTH KARATE OPEN 4pm-4:30pm (front)	YOUTH KARATE OPEN 4pm-4:30pm (front)	YOUTH KARATE OPEN 4pm-4:30pm (front)	TEAM LINK BJJ OPEN MAT 10am-11:30am (back)
	YOUTH KARATE (WHITE-PURPLE) 4:30pm-5pm (front)	YOUTH KARATE (BLUE+) 4:30pm-5pm (front)			TEAM LINK MMA 11am-12:30pm (downstairs)
YOUTH KARATE OPEN 5pm-5:30pm (front)	YOUTH KARATE OPEN 5pm-5:30pm (front)	YOUTH KARATE OPEN 5pm-5:30pm (front)	YOUTH KARATE OPEN 5pm-5:30pm (front)	YOUTH KARATE OPEN 5pm-5:30pm (front)	<b>SUNDAY</b>
TEAM LINK BJJ GI 5:30pm-7pm (front)	TEAM LINK BJJ GI 5:30pm-7pm (front)	TEAM LINK NO-GI BJJ 5:30pm-7pm (front)	TEAM LINK BJJ GI (BEG) 5:30pm-6:30pm (front)		TEAM LINK BJJ OPEN MAT 10am-11:30am (front)
TEAM LINK YOUTH BJJ 6pm-6:45pm (back)	ADULT KARATE OPEN 6pm-6:45pm (back)	YOUTH KICKBOXING 6pm-6:45pm (downstairs)	ADULT KARATE OPEN 6pm-6:45pm (back)	TEAM LINK BJJ GI 6pm-7pm (front)	<u>AGE GROUPS</u> Youth Karate: 3-12 yrs Youth BJJ: 5-15 yrs Adult Karate/Kickboxing/MMA: 13 yrs+ Adult BJJ: 16 yrs+
TEAM LINK THAI KICKBOXING 6pm-6:45pm (downstairs)		TEAM LINK THAI KICKBOXING 6pm-6:45pm (downstairs)	TEAM LINK YOUTH BJJ 6:00PM-6:45PM(back)	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.	<b>2 WEEK FREE TRIAL!</b>
	BJJ OPEN ROLLING 7pm-7:30pm (back)	ADULT KARATE OPEN 7pm-7:45pm (front)	TEAM LINK BJJ GI (ADV) 6:30pm-7:30pm (downstairs)		
TEAM LINK MMA 7pm-8:30pm (downstairs)	CARDIO KICKBOXING 7pm-7:45pm (front)	TEAM LINK MMA 7pm-8:30pm (downstairs)	CARDIO KICKBOXING 7pm-7:45pm (front)	LOOKING FOR PRIVATE LESSONS OR PERSONAL TRAINING? PLEASE INQUIRE!	<b>(603) 641-3444</b>