



**2 WEEK FREE TRIAL**

# SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CARDIO KICKBOXING 10:00am-11:00am	LITTLE DRAGONS OPEN 9:30am-10:00am	CARDIO KICKBOXING 10:00am-11:00am	LITTLE DRAGONS OPEN 9:30am-10:00am		CARDIO KICKBOXING 8:00am-8:50am
	JUNIOR PANTHERS OPEN 10am-10:45am (SUMMER)		JUNIOR PANTHERS OPEN 10am-10:45am (SUMMER)		LITTLE DRAGONS & JR. PANTHERS 9:00am-9:45am
TEAM LINK BJJ 11:00am-12:00pm	TEAM LINK NO-GI BJJ 10:30am-11:30am	TEAM LINK BJJ 11:00am-12:00pm	TEAM LINK NO-GI BJJ 10:30am-11:30pm	TEAM LINK BJJ GI/NO-GI OPEN MAT 11:00am-12:00pm	KIDS KICKBOXING & SPARRING 9:50am-10:30am
					TEAM LINK KIDS BJJ 10:00am-11:00am
LITTLE DRAGONS BEG. 4:15pm-4:45pm	LITTLE DRAGONS INT. 4:15pm-4:45pm	LITTLE DRAGONS ADV. 4:15pm-4:45pm	LITTLE DRAGONS OPEN 4:15pm-4:45pm	LITTLE DRAGONS OPEN 4:15pm-4:45pm	TEAM LINK BJJ GI/NO-GI OPEN MAT 11:00am-12:30pm
JUNIOR PANTHERS OPEN 5:00pm-5:45pm	JUNIOR PANTHERS OPEN 5:00pm-5:45pm	JR PANTHERS ADV. 5:00pm-5:45pm	JUNIOR PANTHERS INT. 5:00pm-5:45pm	JUNIOR PANTHERS OPEN 5:00pm-5:45pm	TEAM LINK MMA 11:00am-12:30pm
TEAM LINK KIDS BJJ 6:00pm-6:55pm	ADULT & PANTHER OPEN 6:00pm-6:45pm	TEAM LINK NO-GI BJJ 5:30pm-7:00pm	ADULT & PANTHER OPEN 6:00pm-6:45pm		<b>RULES OF THE SCHOOL:</b> Please be on time for class! If you are more than 10 minutes late to class you will not be permitted to attend. Gi's must be worn (Tokyo Joe's t-shirts may be worn for Karate, but no other shirts) Rank belts must be worn.
TEAM LINK BJJ 6:00pm-7:30pm	TEAM LINK BJJ FUNDAMENTALS 6:00pm-6:50pm		TEAM LINK BJJ FUNDAMENTALS 6:00pm-6:50pm		<b>AGE GROUPS</b> Little Dragons: 3-6 yrs (Pre-School) Junior Panthers: 7-12 yrs Adult & Panther: 13 yrs+ Kids BJJ: 5-15 yrs Team Link Thai/MMA: 13 yrs+ Team Link BJJ: 16 yrs+ Cardio Kickboxing: 13 yrs+
TEAM LINK THAI KICKBOXING 6:00pm-6:55pm		TEAM LINK THAI KICKBOXING 6:00pm-6:55pm	TEAM LINK KIDS BJJ 6:15pm-7:00pm		
ADULT & PANTHER OPEN 7:00pm-7:45pm	CARDIO KICKBOXING 7:00pm-8:00pm	ADULT & PANTHER OPEN 7:00pm-7:45pm	CARDIO KICKBOXING 7:00pm-8:00pm		
TEAM LINK MMA 7:00pm-8:30pm	TEAM LINK BJJ 7:00pm-8:30pm	TEAM LINK MMA 7:00pm-8:30pm	TEAM LINK BJJ 7:00pm-8:30pm		
				LOOKING FOR PRIVATE LESSONS OR PERSONAL TRAINING? PLEASE INQUIRE!	(603) 641-3444