



MASTER LINXX PROGRAMS

Thai Boxing

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------|-------------|--------------|-------------|--------------|-------------|--------------|
| White - Green | 6:00 - 7:00 | | 6:00 - 7:00 | | | |
| Blue - Black | | 7:30 - 8:30 | | 7:30 - 8:30 | | |
| All Ranks | | 12:00 - 1:00 | | 12:00 - 1:00 | 6:00 - 7:00 | 12:00 - 1:00 |

Gracie Jiu-Jitsu

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|--------------|--------------|-------------|--------------|-------------|-------------|-----------|
| White | 7:15 - 8:15 | | 7:15 - 8:15 | | | |
| Blue - Black | | 7:30 - 8:30 | | 7:30 - 8:30 | | |
| All Ranks | 12:00 - 1:00 | | 12:00 - 1:00 | | 12:00-1:00 | 1:00-2:00 |
| Open Matt | 8:15 - 9:00 | | 8:15 - 9:00 | | | |
| Judo | | | | | 7:15 - 8:30 | |

MMA/Thai Boxing

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|-----------|-------------|--|-------------|--|-------------|--|
| Comp Team | 7:15 - 8:15 | | 7:15 - 8:15 | | 7:15 - 8:15 | |
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“Linking Practical Defense and Personal Development”

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