



JUNIOR LINXX PROGRAMS

Total Defense (Ages 7-13)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White		4:30 - 5:15		4:30 - 5:15		9:00-9:45
Yellow		4:30 - 5:15		4:30 - 5:15		9:00-9:45
Orange		4:30 - 5:15		4:30 - 5:15		9:00-9:45
Green		4:30 - 5:15		4:30 - 5:15		9:00-9:45
Blue		5:30 - 6:15		5:30 - 6:15		10:00 - 10:45
Purple		5:30 - 6:15		5:30 - 6:15		10:00 - 10:45
Red		5:30 - 6:15		5:30 - 6:15		10:00 - 10:45
Red 1		6:30 - 7:15		6:30 - 7:15		11:00 - 11:45
Brown		6:30 - 7:15		6:30 - 7:15		11:00 - 11:45
Brown 1		6:30 - 7:15		6:30 - 7:15		11:00 - 11:45
Brown/Black		6:30 - 7:15		6:30 - 7:15		11:00 - 11:45
Black		6:30 - 7:15		6:30 - 7:15		11:00 - 11:45

Little LINXX (Ages 5 and 6)

All Ranks	4:00 - 4:45		4:00 - 4:45		4:00 - 4:45	
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Gracie Jiu-Jitsu (Ages 7-13)

All Ranks	5:00 - 5:45		5:00 - 5:45		5:00 - 5:45	
Judo						11:00 - 11:45

“Linking Practical Defense and Personal Development”

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