



**Martial Arts & Cardio Remote Interactive Group Training: *Effective 10/31/20***

<b>Monday</b>	<b>Class</b>	<b>Zoom Link</b>
3:00pm	Little Dragons	<a href="https://zoom.us/j/261198203">https://zoom.us/j/261198203</a>
3:30pm	Youth: W, Y, O	<a href="https://zoom.us/j/607594700">https://zoom.us/j/607594700</a>
4:15pm	Youth: G, P, Bl	<a href="https://zoom.us/j/569301809">https://zoom.us/j/569301809</a>
5:00pm	Youth: Br, R, Blk	<a href="https://zoom.us/j/767428530">https://zoom.us/j/767428530</a>
6:15pm	Teen/Adult	<a href="https://zoom.us/j/646981003">https://zoom.us/j/646981003</a>

<b>Tuesday</b>	<b>Class</b>	<b>Zoom Link</b>
3:15pm	Youth: Br, R, Blk	<a href="https://zoom.us/j/143631993">https://zoom.us/j/143631993</a>
4:00pm	Youth: G, P, Bl	<a href="https://zoom.us/j/794035737">https://zoom.us/j/794035737</a>
4:45pm	Youth: W, Y, O	<a href="https://zoom.us/j/775592564">https://zoom.us/j/775592564</a>
6:15pm	K1	<a href="https://zoom.us/j/540835315">https://zoom.us/j/540835315</a>
7:00pm	Teen/Adult	<a href="https://zoom.us/j/884293513">https://zoom.us/j/884293513</a>

<b>Wednesday</b>	<b>Class</b>	<b>Zoom Link</b>
3:00pm	Little Dragons	<a href="https://zoom.us/j/386986162">https://zoom.us/j/386986162</a>
3:30pm	Youth: W, Y, O	<a href="https://zoom.us/j/318535608">https://zoom.us/j/318535608</a>
4:15pm	Youth: G, P, Bl	<a href="https://zoom.us/j/410519887">https://zoom.us/j/410519887</a>
5:00pm	Youth: Br, R, Blk	<a href="https://zoom.us/j/746133023">https://zoom.us/j/746133023</a>
6:15pm	Teen/Adult	<a href="https://zoom.us/j/908110918">https://zoom.us/j/908110918</a>

<b>Thursday</b>	<b>Class</b>	<b>Zoom Link</b>
3:15pm	Youth: Br, R, Blk	<a href="https://zoom.us/j/772885398">https://zoom.us/j/772885398</a>
4:00pm	Youth: W, Y, O	<a href="https://zoom.us/j/214703963">https://zoom.us/j/214703963</a>
4:45pm	Youth: G, P, Bl	<a href="https://zoom.us/j/592922782">https://zoom.us/j/592922782</a>
5:30pm	K1	<a href="https://zoom.us/j/129075612">https://zoom.us/j/129075612</a>
6:15pm	Teen/Adult	<a href="https://zoom.us/j/498041320">https://zoom.us/j/498041320</a>

<b>Friday</b>	<b>Class</b>	<b>Zoom Link</b>
3:15pm	Youth: W, Y, O	<a href="https://zoom.us/j/267241411">https://zoom.us/j/267241411</a>
4:00pm	Youth: G, P, Bl	<a href="https://zoom.us/j/831286823">https://zoom.us/j/831286823</a>
4:45pm	Youth: Br, R, Blk	<a href="https://zoom.us/j/555315153">https://zoom.us/j/555315153</a>
6:15pm	Teen/Adult	<a href="https://zoom.us/j/281314604">https://zoom.us/j/281314604</a>

<b>Saturday</b>	<b>Class</b>	<b>Zoom Link</b>
9:00am	K1	<a href="https://zoom.us/j/95383986054">https://zoom.us/j/95383986054</a>
10:15am	Little Dragons	<a href="https://zoom.us/j/768284250">https://zoom.us/j/768284250</a>
10:45am	Youth: All	<a href="https://zoom.us/j/461776849">https://zoom.us/j/461776849</a>
11:30am	Teen/Adult	<a href="https://zoom.us/j/602893870">https://zoom.us/j/602893870</a>

<b>Sunday</b>	<b>Class</b>	<b>Zoom Link</b>
10:15am	Youth: W, Y, O	<a href="https://zoom.us/j/274154850">https://zoom.us/j/274154850</a>
11:00am	Youth: G & Up	<a href="https://zoom.us/j/694665312">https://zoom.us/j/694665312</a>
11:45am	Teen/Adult	<a href="https://zoom.us/j/957249165">https://zoom.us/j/957249165</a>