



2024 CALENDAR

Link Education Fitness Training Program

Twelve weeks program | Online Zoom classes | Live instructors

COHORT	STARTING DATE	ENDING DATE	DAY	TIME - US EASTERN TIME (ET)
CFT 101	January 13, 2024	April 21, 2024	Saturday/Sunday	11:00 AM - 01:30 PM
CFT 102	January 22, 2024	April 22, 2024	Monday/Wednesday	07:30 PM - 10:00 PM
CFT 103	February 17, 2024	May 25, 2024	Saturday/Sunday	07:30 AM - 10:00 AM
CFT 104	February 20, 2024	May 16, 2024	Tuesday/Thursday	07:30 PM - 10:00 PM
CFT 105	March 16, 2024	June 23, 2024	Saturday/Sunday	11:00 AM - 01:30 PM

COHORT	STARTING DATE	ENDING DATE	DAY	TIME - US EASTERN TIME (ET)
CFT 106	March 18, 2024	June 17, 2024	Monday/Wednesday	07:30 PM - 10:00 PM
CFT 107	April 13, 2024	July 14, 2024	Saturday/Sunday	07:30 AM - 10:00 AM
CFT 108	April 16, 2024	July 16, 2024	Tuesday/Thursday	07:30 PM - 10:00 PM
CFT 109	May 20, 2024	August 26, 2024	Monday/Wednesday	07:30 PM - 10:00 PM
CFT 110	May 25, 2024	August 25, 2024	Saturday/Sunday	11:00 AM - 01:30 PM
CFT 111	June 15, 2024	September 21, 2024	Saturday/Sunday	07:30 AM - 10:00 AM
CFT 112	June 18, 2024	September 17, 2024	Tuesday/Thursday	07:30 PM - 10:00 PM
CFT 113	July 20, 2024	October 20, 2024	Saturday/Sunday	11:00 AM - 01:30 PM
CFT 114	July 22, 2024	October 23, 2024	Monday/Wednesday	07:30 PM - 10:00 PM
CFT 115	August 24, 2024	November 23, 2024	Saturday/Sunday	07:30 AM - 10:00 AM
CFT 116	August 27, 2024	November 26, 2024	Tuesday/Thursday	07:30 PM - 10:00 PM
CFT 117	September 14, 2024	December 21, 2024	Saturday/Sunday	11:00 AM - 01:30 PM
CFT 118	September 16, 2024	December 16, 2024	Monday/Wednesday	07:30 PM - 10:00 PM
CFT 119	October 19, 2024	January 26, 2025	Saturday/Sunday	07:30 AM - 10:00 AM
CFT 120	October 22, 2024	February 04, 2025	Tuesday/Thursday	07:30 PM - 10:00 PM
CFT 121	November 23, 2024	March 09, 2025	Saturday/Sunday	11:00 AM - 01:30 PM
CFT 122	November 25, 2024	March 10, 2025	Monday/Wednesday	07:30 PM - 10:00 PM
CFT 123	December 14, 2024	March 23, 2025	Saturday/Sunday	07:30 AM - 10:00 AM
CFT 124	December 17, 2024	March 27, 2025	Tuesday/Thursday	07:30 PM - 10:00 PM