



2025 CALENDAR

Link Education Fitness Training Program

Twelve weeks program | Online Zoom classes | Live instructors

COHORT	STARTING DATE	ENDING DATE	CLASS TIME - US EASTERN TIME (ET)
CFT 123	January 25, 2025	May 4, 2025	SATURDAY AND SUNDAY - 11AM TO 1:30PM
CFT 124	January 27, 2025	April 30, 2025	MONDAY AND WEDNESDAY - 7:30PM TO 10:00PM
CFT 125	February 22, 2025	June 7, 2025	SATURDAY AND SUNDAY - 07:30AM TO 10:00 AM
CFT 126	February 27, 2025	May 29, 2025	TUESDAY AND THURSDAY - 7:30PM TO 10:00PM
CFT 127	March 29, 2025	July 6, 2025	SATURDAY AND SUNDAY - 07:30AM TO 10:00 AM

COHORT	STARTING DATE	ENDING DATE	CLASS TIME - US EASTERN TIME (ET)
CFT 128	March 31, 2025	June 30, 2025	MONDAY AND WEDNESDAY - 7:30PM TO 10:00PM
CFT 129	April 26, 2025	July 27, 2025	SATURDAY AND SUNDAY - 07:30AM TO 10:00 AM
CFT 130	April 29, 2025	July 24, 2025	TUESDAY AND THURSDAY - 7:30PM TO 10:00PM
CFT 131	May 28, 2025	August 25, 2025	MONDAY AND WEDNESDAY - 7:30PM TO 10:00PM
CFT 132	May 31, 2025	August 31, 2025	SATURDAY AND SUNDAY - 11AM TO 1:30PM
CFT 133	June 24, 2025	September 18, 2025	TUESDAY AND THURSDAY - 7:30PM TO 10:00PM
CFT 134	June 28, 2025	September 28, 2025	SATURDAY AND SUNDAY - 07:30AM TO 10:00 AM
CFT 135	July 27, 2025	October, 2025	SATURDAY AND SUNDAY - 07:30AM TO 10:00 AM
CFT 136	July 28, 2025	October, 2025	MONDAY AND WEDNESDAY - 7:30PM TO 10:00PM
CFT 137	August 26, 2025	November, 2025	TUESDAY AND THURSDAY - 7:30PM TO 10:00PM
CFT 138	August 30, 2025	November, 2025	SATURDAY AND SUNDAY - 07:30AM TO 10:00 AM
CFT 139	September 27, 2025	December, 2025	SATURDAY AND SUNDAY - 11AM TO 1:30PM
CFT 140	September 29, 2025	December, 2025	MONDAY AND WEDNESDAY - 7:30PM TO 10:00PM
CFT 141	October 25, 2025	January, 2026	SATURDAY AND SUNDAY - 07:30AM TO 10:00 AM
CFT 142	October 28, 2025	January, 2026	TUESDAY AND THURSDAY - 7:30PM TO 10:00PM
CFT 143	November 17, 2025	February, 2026	MONDAY AND WEDNESDAY - 7:30PM TO 10:00PM
CFT 144	November 22, 2025	February, 2026	SATURDAY AND SUNDAY - 07:30AM TO 10:00 AM
CFT 145	December 16, 2025	March, 2026	TUESDAY AND THURSDAY - 7:30PM TO 10:00PM