

LEGENDS MMA SCHEDULE 2016

Tiny Tots Ages 4 to 6 Little Legends Ages 7 to 10 Young Legends Ages 10 to 14 Adults 15 +

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Class / Martial Art	Class / Martial Art	Class / Martial Art	Class / Martial Art	Class / Martial Art	Class / Martial Art	Class / Martial Art
10:30am-11:30am Women`s Kickboxing Bootcamp Coming Soon...		10:30am-11:30am Women`s Kickboxing Bootcamp Coming Soon...		10:30am-11:30am Women`s Kickboxing Bootcamp Coming Soon...	10:00am-11:00am Young Legends Karate-Kickboxing	10:00am-10:45am TINY TOTS Group 2 Karate-Kickboxing
					11:00pm-12:00pm Young Legends Karate-Kickboxing	11:00pm-1:00pm Open Studio
12:00pm-4:00pm Personal Training and Open Studio	Afternoon Kickboxing Class Coming Soon...	12:00pm-4:00pm Personal Training and Open Studio	Afternoon Kickboxing Class Coming Soon...	12:00pm-4:00pm Personal Training and Open Studio	ADULTS ONLY 12:00pm-1:30pm Muy Thai K-1 Kickboxing	
12:00pm-4:00pm Personal Training and Open Studio	Afternoon Kickboxing Class Coming Soon...	12:00pm-4:00pm Personal Training and Open Studio	Afternoon Kickboxing Class Coming Soon...	12:00pm-4:00pm Personal Training and Open Studio		
5:15pm-6:00pm Group 1 TINY TOTS Karate-Kickboxing	5:00pm-6:00pm Young Legends Karate-Kickboxing	5:15pm-6:00pm Group 2 TINY TOTS Karate-Kickboxing	5:00pm-6:00pm Young Legends Karate-Kickboxing	5:15pm-6:00pm Group 1 TINY TOTS Karate-Kickboxing		
6:00pm-7:00pm Little Legends Karate-Kickboxing	6:00pm-7:00pm Young Legends Karate-Kickboxing	6:00pm-7:00pm Little Legends Karate-Kickboxing	6:00pm-7:00pm Young Legends Karate-Kickboxing	6:00pm-7:00pm Little Legends Karate-Kickboxing		
ADULTS ONLY 7:00pm-8:00pm Muay Thai K-1 Kickboxing	ADULTS ONLY 7:00pm-8:00pm Muay Thai K-1 Kickboxing	ADULTS ONLY 7:00pm-8:00pm Muay Thai K-1 Kickboxing	ADULTS ONLY 7:00pm-8:00pm Muay Thai K-1 Kickboxing	ADULTS ONLY 7:00pm-8:00pm Muay Thai K-1 Kickboxing		
ADULTS ONLY 8:00pm-9:00pm Boxing	ADULTS ONLY 8:00pm-9:00pm Boxing Room 1 & Brazilian Jiu Jitsu Room 2	ADULTS ONLY 8:00pm-9:00pm Beginner Muay Thai Kick Boxing	ADULTS ONLY 8:00pm-9:00pm Boxing Room 1 & Brazilian Jiu Jitsu Room 2	ADULTS ONLY 8:00pm-9:00pm Boxing		

Please note the schedule may change

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