

LEGENDS MMA SCHEDULE 2018

Tiny Tots Ages 4 to 6 Little Legends Ages 7 to 10 Young Legends Ages 11 to 14 Adults 16 +

| 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 Group 1 & 2 | 10:00am-10:45am Group 2 TINY TOTS Karate-Kickboxing |
| | ADULTS ONLY 11:00am-12:00pm Muay Thai K-1 Kickboxing | | ADULTS ONLY 11:00am-12:00pm Muay Thai K-1 Kickboxing | | 11:00pm-12:00pm Group 2 Little Legends Karate-Kickboxing | 11:00pm-12:00pm Group 2 Little Legends Karate-Kickboxing |
| 12:00pm-4:00pm Personal Training and Open Studio | | 12:00pm-4:00pm Personal Training and Open Studio | | 12:00pm-4:00pm Personal Training and Open Studio | ADULTS ONLY 12:00pm-1:30pm Muy Thai K-1 Kickboxing | 12:00pm-2:00pm Personal Training and Open Studio |
| 12:00pm-4:00pm Personal Training and Open Studio | | 12:00pm-4:00pm Personal Training and Open Studio | | 12:00pm-4:00pm Personal Training and Open Studio | | |
| 5:15pm-6:00pm Group 1 TINY TOTS Karate-Kickboxing | 5:00pm-6:00pm Group 1 Young Legends Karate-Kickboxing | 5:15pm-6:00pm Group 2 TINY TOTS Karate-Kickboxing | 5:00pm-6:00pm Group 1 Young Legends Karate-Kickboxing | 5:15pm-6:00pm Group 1 TINY TOTS Karate-Kickboxing | | |
| 6:00pm-7:00pm Group 1 Little Legends Karate-Kickboxing | 6:00pm-7:00pm Group 2 Young Legends Karate-Kickboxing | 6:00pm-7:00pm Group 1 Little Legends Karate-Kickboxing | 6:00pm-7:00pm Group 2 Young Legends Karate-Kickboxing | 6:00pm-7:00pm Group 1 & 2 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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