

# LEGENDS MMA SCHEDULE

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
12:00pm-4:00pm Personal Training	11:00am-12:00pm Muay Thai K-1 Kickboxing	12:00pm-4:00pm Personal Training	11:00am-12:00pm Muay Thai K-1 Kickboxing	12:00pm-4:00pm Personal Training	11:00pm-12:00pm Little Legends Group 2 Karate-Kickboxing	11:00pm-12:00pm Little Legends Group 2 Karate-Kickboxing
5:15pm-6:00pm TINY TOTS Group 1 Karate-Kickboxing	5:00pm-6:00pm Young Legends Karate-Kickboxing	5:15pm-6:00pm TINY TOTS Group 2 Karate-Kickboxing	5:00pm-6:00pm Young Legends Karate-Kickboxing	5:15pm-6:00pm TINY TOTS Group 1 Karate-Kickboxing	ADULTS ONLY 12:00pm-1:00pm Muy Thai K-1 Kickboxing	12:00pm-2:00pm Open Studio Adults Only
6:00pm-7:00pm Little Legends Group 1 Karate-Kickboxing	6:00pm-7:00pm Young Legends Karate-Kickboxing	6:00pm-7:00pm Little Legends Group 1 Karate-Kickboxing	6:00pm-7:00pm Young Legends Karate-Kickboxing	6:00pm-7:00pm Little Legends Group 1&2 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 Sparring	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 (Gi) Room 2	ADULTS ONLY 8:00pm-9:00pm Beginner Muay Thai Kickboxing Room 1 & Beginner Brazilian Jiu Jitsu (No-Gi) Room 2	ADULTS ONLY 8:00pm-9:00pm BOXING Room 1 & Brazilian Jiu Jitsu (No-Gi) Room 2	ADULTS ONLY 8:00pm-9:00pm BOXING		

\*Please note the schedule may change\*

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