

LEGENDS MMA SCHEDULE 2023

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
6:00am – 9:00pm PERSONAL TRAINING AVAILABLE	6:00am – 9:00pm PERSONAL TRAINING AVAILABLE	6:00am – 9:00pm PERSONAL TRAINING AVAILABLE	6:00am – 9:00pm PERSONAL TRAINING AVAILABLE	6:00am – 9:00pm PERSONAL TRAINING AVAILABLE	10:00-11:00am Youth Legends Karate-Kickboxing Group 1 & 2 Sparring	10:00-10:45am TINY TOTS Group 2. Karate-Kickboxing
ADULTS ONLY 11:00am-12:00pm Muay Thai K-1 Kickboxing				ADULTS ONLY 11:00am-12:00pm Muay Thai K-1 Kickboxing		ADULTS ONLY 11:00-12:00pm Young Legends Group 2 Karate-Kickboxing
5:15-6:00pm TINY TOTS Group 1. Karate-Kickboxing	5:00-6:00pm Youth Legends Group 1 Karate-Kickboxing	5:15-6:00pm TINY TOTS Group 2. Karate-Kickboxing	5:00-6:00pm Youth Legends Group 1 Karate-Kickboxing	5:15-6:00pm TINY TOTS Group 1. Karate-Kickboxing	ADULTS ONLY 12:00-1:00pm Muay Thai K-1 Kickboxing Beginner Room 1: Muay Thai K-1 Kickboxing Pad Focus Room 2: Brazilian Jiu Jitsu Open Mat	
6:00-7:00pm Young Legends Group 1 Karate-Kickboxing	6:00-7:00pm Youth Legends Group 2 Karate-Kickboxing	6:00-7:00pm Young Legends Group 1 Karate-Kickboxing	6:00-7:00pm Youth Legends Group 2 Karate-Kickboxing	6:00-7:00pm Young Legends Karate-Kickboxing Group 1 & 2 Sparring		
ADULTS ONLY 7:00-8:00pm Room 1: Muay Thai K-1 Kickboxing Room 2: Women Only Kickboxing		ADULTS ONLY 7:00-8:00pm Room 1: Muay Thai K-1 Kickboxing Sparring Room 2: Women Only Kickboxing		ADULTS ONLY 7:00-8:00pm Room 1: FIGHTERS CAMP ONLY Room 2: Women Only Kickboxing		
ADULTS ONLY 8:00-9:00pm BOXING BEGINNER		ADULTS ONLY 8:00-9:00pm Room 1: BOXING Room 2: Brazilian Jiu Jitsu		ADULTS ONLY 8:00-9:00pm Room 1: Muay Thai K-1 Kickboxing Beginner Room 2: Brazilian Jiu Jitsu		ADULTS ONLY 8:00-9:00pm BOXING SPARRING

Tiny Tots Ages 4 to 6 Young Legends ages 7 to 11 Youth Legends Ages 12 to 15 Adults 16+