



# LEGENDS M.M.A MIXED MARTIAL ARTS CLASS SCHEDULE

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
8:00am-4:00pm PERSONAL TRAINING AVAILABLE	8:00am-4:00pm PERSONAL TRAINING AVAILABLE	8:00am-4:00pm PERSONAL TRAINING AVAILABLE	8:00am-4:00pm PERSONAL TRAINING AVAILABLE	8:00am-4:00pm PERSONAL TRAINING AVAILABLE	10:00am-11:00am Youth Legends Group 1&2 Karate- Kickboxing 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 11:00am-12:00pm Muay Thai K-1 Kickboxing	ADULTS ONLY 11:00am-12:00pm Muay Thai K-1 Kickboxing	ADULTS ONLY 11:00am-12:00pm Muay Thai K-1 Kickboxing Sparring	11:00am-12:00pm Young Legends Group 2 Karate-Kickboxing	11:00am-12:00pm Young Legends Group 2 Karate-Kickboxing
5:15pm-6:00pm Tiny Tots Group 1 Karate-Kickboxing	5:00pm-6:00pm Youth Legends Group 1 Karate-Kickboxing	5:15pm-6:00pm Tiny Tots Group 2 Karate-Kickboxing	5:00pm-6:00pm Youth Legends Group 1 Karate-Kickboxing	5:15pm-6:00pm Tiny Tots Group 1 Karate-Kickboxing	ADULTS ONLY 12:00pm-1:00pm	ADULTS ONLY 12:00pm-1:00pm
6:00pm-7:00pm Young Legends Group 1 Karate-Kickboxing	6:00pm-7:00pm Youth Legends Group 2 Karate-Kickboxing	6:00pm-7:00pm Young Legends Group 1 Karate-Kickboxing	6:00pm-7:00pm Youth Legends Group 2 Karate-Kickboxing	6:00pm-7:00pm Young Legends Groups 1&2 Karate- Kickboxing Sparring		
ADULTS ONLY 7:00pm-8:00pm	ADULTS ONLY 7:00pm-8:00pm	ADULTS ONLY 7:00pm-8:00pm	ADULTS ONLY 7:00pm-8:00pm	ADULTS ONLY 7:00pm-8:00pm	1:00pm-2:00pm BOXING	1:00pm-2:00pm OPEN GYM
Muay Thai K-1 Kickboxing	Muay Thai K-1 Kickboxing	Muay Thai K-1 Kickboxing Sparring	Muay Thai K-1 Kickboxing	FIGHTERS CAMP ONLY	2:00pm-3:00pm MMA CLASS	
ADULTS ONLY 8:00pm-9:00pm	ADULTS ONLY 8:00pm-9:00pm	ADULTS ONLY 8:00pm-9:00pm	ADULTS ONLY 8:00pm-9:00pm	ADULTS ONLY 8:00pm-9:00pm		
BOXING BEGINNER	Room 1: BOXING	Room 2: Brazilian Jiu Jitsu	Muay Thai K-1 Kickboxing Beginner	Room 1: BOXING	Room 2: Brazilian Jiu Jitsu	

Tiny Tots Ages 4 to 6

Young Legends Ages 7 to 11

Youth Legends Ages 12 to 15

Adults 16+

Schedule Updated as of September 2025\*