



LEGENDS M.M.A. CLASS SCHEDULE

Tiny Tots Ages 4 to 6

Young Legends Ages 7 to 12

Youth Legends Ages 13 to 15

Women's 16+

Adults 16+

Class Schedule Updated as of 2026*

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	11:00am-12:00pm Women's Bootcamp Kickboxing (STARTSMARCH 3 RD)	ADULTS ONLY 11:00am-12:00pm Muay Thai K-1 Kickboxing	11:00-12:00 Women's Bootcamp Kickboxing (STARTS MARCH 3 RD)	ADULTS ONLY 11:00am- 12:00pm Muay Thai K-1 Kickboxing	11:00am-12:00pm Young Legends Group 2 Karate-Kickboxing	11:00am-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	12:00-1:00pm ADULTS ONLY	12:00-1:00PM ADULTS ONLY
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 Groups 1&2 Karate- Kickboxing Sparring	Room 1: Muay Thai K-1 Kickboxing BEGINNER	Room 2: Brazilian Jiu Jitsu
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	1:00-2:00pm BOXING	1:00-2:00pm OPEN GYM
Muay Thai K-1 Kickboxing	Muay Thai K-1 Kickboxing	Muay Thai K-1 Kickboxing SPARRING	Muay Thai K-1 Kickboxing	Muay Thai K-1 Kickboxing	2:00-3:00pm 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		
Room 1: BOXING Beginner	Room 2: Brazilian Jiu Jitsu	Room 1: BOXING	Room 2: Brazilian Jiu Jitsu	Room 1: BOXING	Room 2: Brazilian Jiu Jitsu	
		Room 1: Muay Thai K-1 BEGINNER Kickboxing	Room 2: Brazilian Jiu Jitsu BEGINNER			