



LEGENDS MMA SCHEDULE 2026

Tiny Tots Ages 4 to 6

Young Legends Ages 7 to 12

Teen Legends Ages 13 to 15

Women 16+

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
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 Teen Legends Karate-Kickboxing Sparring	11:00am-12:00pm Young Legends Group 1&2 Green Belt & above 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	11:00am-11:45am Tiny Tots Karate-Kickboxing Room 1 11:00am-12:00pm Women's Kickboxing / Bootcamp Room2	ADULTS ONLY 12:00pm-1:00pm Muay Thai K-1 Kickboxing
5:00pm-6:00pm Young Legends Group 1 Karate-Kickboxing	5:00pm-5:45pm Tiny Tots Karate-Kickboxing Room 1 5:00pm-6:00pm Women's Kickboxing / Bootcamp Room2	5:00pm-6:00pm Young Legends Group 1 Karate-Kickboxing	5:00pm-5:45pm Tiny Tots Karate-Kickboxing Room 1 5:00pm-6:00pm Women's Kickboxing / Bootcamp Room2	5:00pm-6:00pm Young Legends Group 1 Karate-Kickboxing	ADULTS ONLY 12:00-1:00pm Beginner Muay Thai Kickboxing Room 1 Brazilian Jiu Jitsu Room 2	
6:00pm-7:00pm Young Legends Group 2 Karate-Kickboxing	6:00pm-7:00pm Teen Legends Karate-Kickboxing	6:00pm-7:00pm Young Legends Group 2 Karate-Kickboxing	6:00pm-7:00pm Teen Legends Karate-Kickboxing	6:00pm-7:00pm Young Legends Group 2 Karate-Kickboxing	ADULTS ONLY 1:00pm-2:00pm Boxing	
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 Fighters Camp ONLY	ADULTS ONLY 2:00pm-3:00pm MMA CLASS	
ADULTS ONLY 8:00pm-9:00pm Boxing Beginner Room 1 Brazilian Jiu Jitsu Room 2	ADULTS ONLY 8:00pm-9:00pm Boxing Room 1 Brazilian Jiu Jitsu Room 2	ADULTS ONLY 8:00pm-9:00pm Beginner Classes Muay Thai Kickboxing Room 1 Brazilian Jiu Jitsu Room 2	ADULTS ONLY 8:00pm-9:00pm Boxing Room 1 Brazilian Jiu Jitsu Room 2	ADULTS ONLY 8:00pm-9:00pm Boxing Sparring		