



LEGENDS TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BEGINNER BOXING 06:00AM		BEGINNER BOXING 06:00AM		BEGINNER BOXING 06:00AM	STRENGTH & CONDITIONING 09:00AM	
MUAY THAI FOUNDATION 06:00AM				MUAYTHAI FOUNDATION 06:00AM	MUAY THAI ALL LEVELS 10:00AM	
BOXING (FIGHTERS ONLY) 5:00PM	BOXING (FIGHTERS ONLY) 5:00PM	BOXING (FIGHTERS ONLY) 5:00PM	BOXING (FIGHTERS ONLY) 5:00PM	BOXING SPAR (FIGHTERS ONLY) 5:00PM	MMA ALL LEVELS 11:00AM	-
MUAY THAI ADV/FIGHTERS ONLY 5:00PM	MUAY THAI ADV/FIGHTERS ONLY 5:30PM	STRENGTH & CONDITIONING 5:30PM	MUAY THAI ADV/FIGHTERS ONLY 5:30PM	MUAY THAI BEGINNER SPAR 5:30PM		-
BOXING TECHNIQUE 6:00PM	BOX-FIT CARDIO 6:00PM	BOXING TECHNIQUE 6:00PM	BOX-FIT CARDIO 6:00PM			
STRIKING DRILLS 6:00PM	MUAY THAI INTERMEDIATE 6:30PM	MUAY THAI ALL LEVELS 6:30PM	MUAY THAI INTERMEDIATE 6:30PM	MUAY THAI SPAR ADV (INVITE ONLY) 6:30PM		
MMA ALL LEVELS 7:00PM	BJJ ALL LEVELS 7:30PM	MUAY THAI BEGINNERS 7:30PM	BJJ ALL LEVELS 7:30PM			