



# LEGENDS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BEGINNER BOXING 06:00 AM	- -	BEGINNER BOXING 06:00 AM	- -	BEGINNER BOXING 06:00 AM	STRENGTH & CONDITIONING 09:00 AM	- -
MUAY THAI FOUNDATION 06:00 AM	BOXING FIGHTERS (INVITE ONLY) 5:00PM	- -	BOXING FIGHTERS (INVITE ONLY) 5:00PM	MUAY THAI FOUNDATION 06:00 AM	MUAY THAI TECHNIQUE 10:00 AM	- -
BOXING FIGHTERS (INVITE ONLY) 5:00 PM	THAI ADV/FIGHTERS (INVITE ONLY) 5:30PM	BOXING FIGHTERS (INVITE ONLY) 5:00 PM	THAI ADV/FIGHTERS (INVITE ONLY) 5:30PM	- -	MMA TECHNIQUE 11:00 AM	- -
BOXING TECHNIQUE 6:00 PM	BOX FIT CARDIO 6:00 PM	STRENGTH & CONDITIONING 5:30 PM	BOX FIT CARDIO 6:00 PM	BOXING SPAR (INVITE ONLY) 5:30PM		- -
KICKBOXING TECHNIQUE 6:00 PM	MUAY THAI FOUNDATION 6:30 PM	BOXING TECHNIQUE 6:00 PM	MUAY THAI FOUNDATION 6:30 PM	THAI BEGINNER SPARRING 5:30 PM	- -	- -
MMA TECHNIQUE 7:00PM	BJJ NO GI TECHNIQUE 7:30 PM	MUAY THAI ALL LEVELS 6:30 PM	BJJ NO GI TECHNIQUE 7:30 PM	THAI SPAR ADV (INVITE ONLY) 6:30 PM	- -	- -