



# LEGENDS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BEGINNER BOXING 06:00 AM	BEGINNER BOXING 06:00 AM	BEGINNER BOXING 06:00 AM	BEGINNER BOXING 06:00 AM	BEGINNER BOXING 06:00 AM	STRENGTH & CONDITIONING 09:00 AM	- -
BEGINNER MUAY THAI 07:00 AM	- -	BEGINNER MUAY THAI 07:00 AM	- -	- -	MUAY THAI TECHNIQUE 10:00 AM	- -
BOXING FIGHTERS 5:00 PM	- -	BOXING FIGHTERS 5:00 PM	- -	FIGHTERS SPARRING 5:30 PM	BEGINNERS SPARRING 11:00 AM	- -
BOXING TECHNIQUE 6:00 PM	BOX FIT CARDIO 6:00 PM	BOXING TECHNIQUE 6:00 PM	BOX FIT CARDIO 6:00 PM	THAI SPAR BEG/INT 5:30PM	MMA TECHNIQUE 12:00 PM	- -
KICKBOXING TECHNIQUE 6:00 PM	MUAY THAI TECHNIQUE 6:00 PM	MUAY THAI TECHNIQUE 6:00 PM	MUAY THAI TECHNIQUE 6:00 PM	THAI SPAR ADVANCED 6:30PM	- -	- -
MMA TECHNIQUE 7:00PM	BJJ NO GI TECHNIQUE 7:15 PM	KICKBOXING TECHNIQUE 6:30 PM	BJJ NO GI TECHNIQUE 7:15 PM	- -	- -	- -