## LEGENDS TAMETABLE

		2000				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BEGINNER	-	BEGINNER	-	BEGINNER	STRENGTH &	-
BOXING <b>06:00 AM</b>	_	BOXING <b>06:00 AM</b>	_	BOXING <b>06:00 AM</b>	CONDITIONING 09:00 AM	_
00.00 AW	-	00.00 AW	-	00.00 AW	09.00 AW	_
BEGINNER	-	-	-	BEGINNER	MUAY THAI	-
MUAY THAI <b>07:00 AM</b>	_		_	MUAY THAI <b>07:00 AM</b>	TECHNIQUE 10:00 AM	
07.00 AW	_	-	_	07:00 AW	10.00 AW	
BOXING	-	BOXING	-	KID <u>S</u> MUAY	BEGINNERS	-
FIGHTERS 5:00 PM	_	FIGHTERS 5:00 PM	_	THAI <b>3:45 PM</b>	SPARRING 11:00 AM	_
3.00 T W	-	3.00 F W	_	3.43 F W	11.00 AW	
BOXING	BOX FIT	BOXING	BOX FIT	FIGHTERS	MMA	-
TECHNIQUE 6:00 PM	CARDIO 6:00 PM	TECHNIQUE 6:00 PM	CARDIO <b>6:00 PM</b>	SPARRING 5:30 PM	TECHNIQUE 12:00 PM	_
0.00 PW	0.00 PW	0.00 PW	0.00 PW	5.30 PW	12.00 T W	-
KICKBOXING TECHNIQUE	MUAY THAI	MUAY THAI	MUAY THAI	THAI SPAR	-	-
6:00 PM	TECHNIQUE 6:00 PM	TECHNIQUE 6:00 PM	TECHNIQUE 6:00 PM	BEG/INT <b>5:30PM</b>	_	_
0.00 F WI	O.OO FIVI	O.OO FIVI	O.OO FIVI	J.30F W	-	_
MMA	BJJ NO GI	KICKBOXING	BJJ NO GI	THAI SPAR	-	-
TECHNIQUE 7:00PM	TECHNIQUE 7:15 PM	TECHNIQUE 6:30 PM	TECHNIQUE 7:15 PM	ADVANCED 6:30 PM	_	_
/ .UUF IVI	/.13 FIVI	0.30 F WI	7.13 FW	0.30 F WI	-	_