



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 09:30 AM	-
-	-	BEGINNER MUAY THAI 7:00 AM	-	-	BEGINNER MUAY THAI 9:00 AM	-
BOXING FIGHTERS 5:00 PM	-	BOXING FIGHTERS 5:00 PM	-	FIGHTERS SPARRING 5:30 PM	-	-
BOXING TECHNIQUE 6:00 PM	BOX FIT CARDIO 6:00 PM	BOXING TECHNIQUE 6:00 PM	BOX FIT CARDIO 6:00 PM	-	-	-
MMA TECHNIQUE 6:00 PM	KICKBOXING TECHNIQUE 6:00 PM	MMA TECHNIQUE 6:00 PM	KICKBOXING TECHNIQUE 6:00 PM	-	-	-
-	BJJ NO GI TECHNIQUE 7:15 PM	-	BJJ NO GI TECHNIQUE 7:15 PM	-	-	-