

# Legacy American Martial Arts

[www.legacyama.net](http://www.legacyama.net)

651-343-2320

Email: legacyama@gmail.com

Schedule starts May 1st, 2024



| Monday   | Tuesday   | Wednesday  | Thursday  | Friday | Saturday                               |
|--|---|--|---|--------|--|
|  |   |  | 2:00-3:00pm<br>Tai Chi                          |        | 9:00-10:00am<br>Tai Chi                |
|  |   |  |   |        | 10:00-10:20am<br>Tai Chi - Advanced    |
| 4:30-5:15pm<br>Taekwondo<br>Junior Yellow-Red        | 4:30-5:00pm<br>Taekwondo<br>Junior White-Orange | 4:30-5:15pm<br>Taekwondo<br>Junior Yellow-Red        | 4:30-5:00pm<br>Taekwondo<br>Junior White-Orange |        | 10:20-11:05am<br>GoldQuest             |
| 5:15-5:45pm<br>Little Dragons                        | 5:00-5:30pm<br>Little Dragons                   | 5:15-5:45pm<br>Little Dragons                        | 5:00-5:45pm<br>Taekwondo<br>Yellow-Red          |        |  |
| 5:45-6:30pm<br>Taekwondo White<br>Orange Belts       | 5:30-6:05pm<br>Taekwondo<br>Yellow-Red Age 6-8  | 5:45-6:30pm<br>Taekwondo White<br>Orange Belts       | 5:45-6:15pm<br>Junior Leadership                |        | 11:05-11:50am<br>Taekwondo Black Belts |
| TKD Teens & Adults<br>6:30-7:30pm                    | 6:05-6:45pm<br>Taekwondo<br>Yellow-Red Age 9-12 | 6:30-7:30pm<br>Tai Chi                               | 6:15-7:15pm<br>Taekwondo Black<br>Belts         |        | 11:50-12:50pm<br>BJJ Drills & Rolls    |
| 7:30-8:30pm<br>Brazilian Jiu Jitsu<br>Teens & Adults | 6:45-7:30pm<br>Taekwondo Black<br>Belts         | 7:30-8:30pm<br>Brazilian Jiu Jitsu<br>Teens & Adults | 7:15-7:45pm Teen<br>& Adult Leadership          |        |  |
|  | 7:30-7:45pm 2nd<br>Degree+                      |  | TKD Teens & Adults<br>7:45-8:45pm               |        |  |
|  | TKD Teens & Adults<br>7:45-8:45pm               |  |   |        |  |

**MONDAY**

|                           |      |
|---------------------------|------|
| Jr. Yellow - Red          | 4:30 |
| Little Dragons            | 5:15 |
| White - Orange Belts      | 5:45 |
| TKD Teen & Adult          | 6:30 |
| Adult Brazilian Jiu-Jitsu | 7:30 |

**TUESDAY**

|                           |      |
|---------------------------|------|
| Jr. White & Orange        | 4:30 |
| Little Dragons            | 5:00 |
| Yellow-Red Belts Age 6-8  | 5:30 |
| Yellow-Red Belts Age 9-12 | 6:05 |
| TKD Black Belts           | 6:45 |
| - 2nd Degrees & Up        | 7:30 |
| TKD Teen & Adult          | 7:45 |

**WEDNESDAY**

|                           |      |
|---------------------------|------|
| Jr. Yellow - Red          | 4:30 |
| Little Dragons            | 5:15 |
| White - Orange Belts      | 5:45 |
| Tai Chi                   | 6:30 |
| Adult Brazilian Jiu-Jitsu | 7:30 |

**THURSDAY**

|                         |      |
|-------------------------|------|
| Tai Chi                 | 2:00 |
| Jr. White & Orange      | 4:30 |
| Yellow - Red Belts      | 5:00 |
| Junior Leadership       | 5:45 |
| TKD Black Belts         | 6:15 |
| Teen & Adult Leadership | 7:15 |
| TKD Teen & Adult        | 7:45 |

**SATURDAY**

|                         |       |
|-------------------------|-------|
| Tai Chi                 | 9:00  |
| - Tai Chi Advanced Only | 10:00 |
| GoldQuest               | 10:20 |
| TKD Black Belts         | 11:05 |
| BJJ Drills & Rolls      | 11:50 |

\*Students should be in uniform with all necessary equipment for their class 5 minutes before.

\* Parents must pick up their student immediately after class end.

\*Spectators must avoid talking too loudly, as this will disturb the students in class.

\*Only students and instructors are to be on the training floor. Parents and siblings must be given permission before stepping onto the training floor.

\*Parents/Siblings who need to cross the training floor should walk along the back wall to cross.

\*Special events, schedule changes, bad weather closings, announcements, and other information can be found on our Facebook page - make sure to "Like" us to stay up to date!

\*Late class policy: Students will not be admitted to class after 15 minutes of class have elapsed, barring inclement weather.