

Legacy American Martial Arts

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Schedule starts September 1st, 2024



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