

Legacy American Martial Arts

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Schedule starts May 1st, 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			2:00-3:00pm Tai Chi		9:15-10:15am Tai Chi
4:30-5:15pm Taekwondo Junior Yellow-Red	4:15-5:00pm Taekwondo Junior White-Orange	4:30-5:15pm Taekwondo Junior Yellow-Red	4:15-5:00pm Taekwondo Junior White-Orange		10:15-10:45am Karate Kubs
5:15-5:45pm Karate Kubs	5:00-5:45pm Taekwondo Yellow-Red	5:15-5:45pm Karate Kubs	5:00-5:30pm Karate Kubs		10:45-11:30am Taekwondo Black Belts
5:45-6:30pm Taekwondo White & Orange Belts	5:45-6:15pm Junior Leadership Year 1	5:45-6:30pm Taekwondo White & Orange Belts	5:30-6:15pm Taekwondo Yellow-Red		11:30-12:30pm BJJ Drills & Rolls
TKD Teens & Adults 6:30-7:30pm	6:15-7:00pm BB Candidates & 1st Degrees	6:30-7:30pm Tai Chi	6:15-7:15pm Taekwondo Black Belts		
7:30-8:30pm Brazilian Jiu Jitsu Teens & Adults	7:00-7:45pm 2nd Degree+	7:30-8:30pm Brazilian Jiu Jitsu Teens & Adults	7:15-7:45pm Year 2+ Junior & Adult Leadership		
	TKD Teens & Adults 7:45-8:45pm		TKD Teens & Adults 7:45-8:45pm		

MONDAY

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

TUESDAY

Jr. White & Orange	4:15
Yellow-Red Belts	5:00
Jr. Leadership - Year 1	5:45
Candidates & 1st Degrees	6:15
2nd Degrees & Up	7:00
TKD Teen & Adult	7:45

WEDNESDAY

Jr. Yellow-Red	4:30
Karate Kubs	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	4:15
Karate Kubs	5:00
Yellow-Red Belts	5:30
TKD Black Belts	6:15
Leadership - Year 2 Jr & Adult	7:15
TKD Teen & Adult	7:45

SATURDAY

Tai Chi	9:15
Karate Kubs	10:15
TKD Black Belts	10:45
BJJ Drills & Rolls	11:30

*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.