

# Legacy American Martial Arts

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

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Schedule starts August 1st, 2023



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	5:00-5:35pm Taekwondo Yellow-Red Age 6-8	5:15-5:45pm Little Dragons	5:00-5:45pm Taekwondo Yellow-Red		10:20-10:50am Little Dragons
5:45-6:30pm Taekwondo White & Orange Belts	5:35-6:15pm Taekwondo Yellow-Red Age 9-12	5:45-6:30pm Taekwondo White & Orange Belts	5:45-6:15pm Junior Leadership Year 1		10:50-11:35am Taekwondo Black Belts
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		11:35-12:35pm BJJ Drills & Rolls
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
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
Yellow-Red Belts Age 6-8	5:00
Yellow-Red Belts Age 9-12	5:35
Candidates & 1st Degrees	6:15
2nd Degrees & Up	7:00
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
Leadership - Year 1 Jr	5:45
TKD Black Belts	6:15
Leadership - Year 2 Jr & Adult	7:15
TKD Teen & Adult	7:45

**SATURDAY**

Tai Chi	9:00
- Tai Chi Advanced Only	10:00
Little Dragons	10:20
TKD Black Belts	10:50
BJJ Drills & Rolls	11:35

\*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.