LEGENDS ACADEMY

BY DANIEL THE ROCK DAWSON

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00AM (45 mins)	BOXING	BOXING	BOXING	BOXING	BOXING
6:45AM (45 mins)	MUAY THAI	COMBAT STRENGTH MUAY THAI	BOXING	COMBAT STRENGTH MUAY THAI	MUAY THAI
9:00AM (30 mins)	LADIES EXPRESS	LADIES EXPRESS	LADIES EXPRESS	LADIES EXPRESS	LADIES EXPRESS
9:30AM (60 mins)	MUAY THAI	COMBAT STRENGTH	MUAY THAI	COMBAT STRENGTH	MUAY THAI
3:45PM (45 mins)	8-12 TIGERS KIDS ACADEMY	4-7 CUBS KIDS ACADEMY	8-12 TIGERS KIDS ACADEMY	4-7 CUBS KIDS ACADEMY	
4:30PM (60 mins)	TEENS LIONS KIDS ACADEMY	KIDS ACADEMY FUTURE LEGENDS	TEENS LIONS KIDS ACADEMY	KIDS ACADEMY FUTURE LEGENDS	
5:30PM (60 mins)	BOXING MUAY THAI COMBAT STRENGTH	ADVANCED BOXING MUAY THAI	BOXING MUAY THAI COMBAT STRENGTH	ADVANCED BOXING MUAY THAI	ADV LADIES MUAY THAI ADVANCED MUAY THAI COMBAT STRENGTH
6:30PM (90 mins)	ADVANCED BOXING FIGHT TEAM MUAY THAI	FIGHT TEAM MUAY THAI	ADVANCED BOXING FIGHT TEAM MUAY THAI	ADV/FIGHT TEAM MUAY THAI	FIGHT TEAM MUAY THAI

Start Time	Saturday
7:30AM (60 mins)	BOXING
7:30AM (60 mins)	ADVANCED BOXING
8:45AM (45 mins)	4-7 CUBS KIDS ACADEMY
9:30AM (45 mins)	8-12 Tigers KIDS ACADEMY
10:15AM (60 mins)	TEENS LIONS KIDS ACADEMY

340 Walcott Street
COOLBINIA

0401 080 884

KIDS ACADEMY	Discipline & Confidence
MUAY THAI	The Art of Eight Limbs
BOXING	The Sweet Science
COMBAT STRENGTH	Functional Weight Training
LADIES EXPRESS	30 Minute Body Blast

legendsacademyperth.com.au