



# Adult Schedule



## DETHRONE (Clovis & Clinton)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM						Jiu Jitsu Mobility 9 - 10 AM
9:30 AM						
10:00 AM		Muay Thai 10:00 - 11:00 AM		Muay Thai 10:00 - 11:00 AM		
10:30 AM						
11:00 AM						Muay Thai 11:00 - 12:00 PM
11:30 AM						
12:00 PM						
5:00 PM						
5:30 PM	HIIT Circuit 5:30 - 6:15 PM		HIIT Circuit 5:30 - 6:15 PM	HIIT Circuit 5:30 - 6:15 PM	HIIT Circuit 5:30 - 6:15 PM	Jiu Jitsu Fundamentals* 5:30 - 6:30 PM
6:00 PM						Jiu Jitsu Fundamentals* 6:00 - 7:00 PM
6:30 PM		Jiu Jitsu All Levels 6:30 - 7:30 PM	Adult Boxing 6:30 - 7:30 PM	Jiu Jitsu All Levels 6:30 - 7:30 PM	Adult Boxing 6:30 - 7:30 PM	Jiu Jitsu All Levels 6:30 - 7:30 PM
7:00 PM	Adult Boxing 7 - 8PM			Adult Boxing 7 - 8PM		Jiu Jitsu Open Mat 7:00 - 8:00 PM
7:30 PM		Muay Thai 7:30 - 8:30PM		Muay Thai 7:30 - 8:30PM		
8:00 PM						
8:30 PM						



Dethrone Mixed Martial Arts



@dethronefresno

\* Fundamentals Class = All First Year Students