



Adults Schedule DETHRONE (Shaw & Marks)

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
6:00 AM	HIIT Boxing 6:00 - 6:45 AM		No Gi BJJ 6:00 - 7:00 AM		No Gi BJJ 6:00 - 7:00 AM		HIIT Boxing 6:00 - 6:45 AM		No Gi BJJ 6:00 - 7:00 AM			
6:30 AM												
9:00 AM											HIIT Circuit 9 - 10 AM	
9:30 AM												
10:00 AM											No Gi BJJ 10 - 11 AM	
10:30 AM											Muay Thai 10 - 11AM	
11:00 AM	Muay Thai 11AM - 12PM		No Gi BJJ 11AM - 12PM		Muay Thai 11AM - 12PM		No Gi BJJ 11AM - 12PM					
11:30 AM												
12:00 PM	BJJ w/ Gi 12 - 1 PM				BJJ w/ Gi 12 - 1 PM							
1:00 PM												
4:30 PM			Adult Boxing 4:30 - 5:30 PM				Adult Boxing 4:30 - 5:30 PM		Adult Boxing 4:30 - 5:30 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	HIIT Circuit 5:30 - 6:15 PM		No Gi BJJ 5:30 - 6:30 PM	
6:00 PM	Muay Thai 6:00 - 7:00 PM		BJJ w/ Gi Fundamentals 6:00 - 7:00 PM	Muay Thai 6:00 - 7:00 PM		Muay Thai 6:00 - 7:00 PM		No Gi Fundamentals 6:00 - 7:00 PM	Muay Thai 6:00 - 7:00 PM			
6:30 PM												
7:00 PM												
7:30 PM			No Gi BJJ 7:00 - 8:30 PM		No Gi BJJ 7:00 - 8:30 PM			BJJ w/ Gi 7:00 - 8:30 PM		BJJ w/ Gi 7:00 - 8:30 PM		
8:00 PM												



Dethrone Mixed Martial Arts



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