



# Adults Schedule

## DETHRONE (Shaw & Marks)



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM						
6:30 AM						
9:00 AM						HIIT Circuit 9 - 10 AM
9:30 AM						
10:00 AM	BJJ w/ Gi 10 - 11 PM		BJJ w/ Gi 10 - 11 PM			Woman's BJJ w/ GI 10 - 11 AM
10:30 AM						
11:00 AM	Muay Thai 11AM - 12PM	No Gi BJJ 11AM - 12PM	Muay Thai 11AM - 12PM	No GI BJJ 11AM - 12PM	No GI BJJ 11AM - 12PM	BJJ Open Mat 11 to 12 PM All are Welcome
11:30 AM						
12:00 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
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	No Gi BJJ Comp Team 6:00 - 7:00 PM	Muay Thai 6:00 - 7:00 PM	No GI Fundamentals 6:00 - 7:00 PM
6:30 PM						
7:00 PM		No Gi BJJ 7:00 - 8:30 PM		BJJ w/ Gi 7:00 - 8:30 PM		No Gi BJJ 7:00 - 8:30 PM
7:30 PM						
8:00 PM						

