



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	Jiu Jitsu Fundamentals* 5:30 - 6:30 PM	HIIT Circuit 5:30 - 6:15 PM	Jiu Jitsu Fundamentals* 5:30 - 6:30 PM	Jiu Jitsu Fundamentals* 5:30 - 6:30 PM
6:00 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	Jiu Jitsu Open Mat 6:30 - 7:30 PM
7:00 PM							
7:30 PM	Adult Boxing 7:30 - 8 :30 PM	Muay Thai 7:30 - 8:30PM		Adult Boxing 7:30 - 8 :30 PM	Muay Thai 7:30 - 8:30PM		Muay Thai Sparring 7:30 - 8:30PM
8:00 PM							
8:30 PM							



Dethrone Mixed Martial Arts



@dethronefresno

* Fundamentals Class = All First Year Students