



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											Woman's BJJ w/ Gi 10 - 11 AM	
10:00 AM	BJJ w/ Gi 10 - 11 PM				BJJ w/ Gi 10 - 11 PM							
10:30 AM											BJJ Open Mat 11 to 12 PM All are Welcome	
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												
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		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	Muay Thai 6:00 - 7:00 PM		No Gi BJJ Comp Team 6:00 - 7:00 PM
6:30 PM												No Gi BJJ 6:00 - 7:00 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			No Gi BJJ 7:00 - 8:30 PM
8:00 PM												