



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										Muay Thai 11:00 - 12:00 PM			
11:00 AM													
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		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		Jiu Jitsu All Levels 6:30 - 7:30 PM	Adult Boxing 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	Muay Thai 7:30 - 8:30PM		Adult Boxing 7:30 - 8 :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 ** Green Belt and above only