



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*	HIIT Circuit 5:30 - 6:15 PM		HIIT Circuit 5:30 - 6:15 PM	Jiu Jitsu Fundamentals*	Jiu Jitsu All Levels No Gi 5:30 - 6:30 PM
6:00 PM									
6:30 PM		Jiu Jitsu All Levels No Gi 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 No Gi 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	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