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			Women's BJJ w/ GI 10 - 11 AM Muay Thai 10 - 11AM
10:30 AM						
11:00 AM	Muay Thai 11AM - 12PM	No Gi BJJ 11AM - 12PM	Muay Thai 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	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 Women's BJJ w/ Gi 5:30 - 6:30 PM	Muay Thai 6:00 - 7:00 PM No GI Fundamentals 6:00 - 7:00 PM	Muay Thai 6:00 - 7:00 PM Women's BJJ w/ Gi 5:30 - 6:15 Judo w/ Gi 6:00 - 7:00 PM	No Gi BJJ 6:00 - 7:00 PM	
6:30 PM						
7:00 PM	No Gi BJJ 7:00 - 8:30 PM	No Gi BJJ 6:30 - 8:30 PM	BJJ w/ Gi 7:00 - 8:30 PM	BJJ w/ Gi 7:00 - 8:30 PM		
7:30 PM						
8:00 PM						

Dethrone Mixed Martial Arts

@dethronefresno