

DETHRONE 1 (Bullard & Marks)

STAND UP

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 AM	10:00-12:00	10:00-12:00	10:00-12:00	10:00-12:00	10:00-12:00	10:00-11:00
10:30 AM	Open	Open	Open	Open	Open	Muay Thai
11:00 AM	Gym	Gym	Gym	Gym	Gym	11:00-12:00
11:30 AM						Muay Thai
12:00 N						Pad Training
4:30 PM	4:30-5:30	4:30-5:30	4:30-5:30	4:30-5:30	4:30-5:30	
5:00 PM	Boxing	Boxing	Boxing	Boxing	Boxing	
5:30 PM						
6:00 PM					6:00-7:00	
6:30 PM	6:30-7:30	6:30-7:30	6:30-7:30	6:30-7:30	Intro Kickboxing	
7:00 PM	Intro Kickboxing	Intro Kickboxing	Intro Kickboxing	Intro Kickboxing		
7:30 PM	7:30-8:30	7:30-8:30	7:30-8:30	7:30-8:30		
8:00 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai		
8:30 PM						