



Adults Modified Schedule DETHRONE (Bullard & Marks)



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	HIIT Circuit 5:30 - 6:15 AM		HIIT Circuit 5:30 - 6:15 AM		HIIT Circuit 5:30 - 6:15 AM	
6:00 AM		Adult Boxing 6:00 AM to 6:45 AM		Adult Boxing 6:00 AM to 6:45 AM		
6:30 AM						
9:00 AM						HIIT Circuit 9 - 10 AM
9:30 AM						
10:00 AM						
10:30 AM						Muay Thai 10 - 11AM
11:00 AM	Muay Thai 11AM - 12PM	No Gi BJJ 11AM - 12PM	Muay Thai 11AM - 12PM	No GI BJJ 11AM - 12PM		
11:30 AM						
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						
6:30 PM	Muay Thai 6:15 - 7:15 PM	Muay Thai 6:15 - 7:15 PM	Muay Thai 6:15 - 7:15 PM	Muay Thai 6:15 - 7:15 PM		
7:00 PM						
7:30 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	BJJ w/ Gi 7:00 - 8:30 PM	BJJ w/ Gi 7:00 - 8:30 PM	
8:00 PM						