

# Dethrone Mixed Martial Arts

Clovis & Clinton

## Kids MMA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:30						
12:00						Kids BJJ - Mat 1 12:00 - 1:00
12:30						
1:00						
4:00					BJJ Basics-Mat 1 4:00 - 5:00	
4:30	BJJ Basics-Mat 2 4:30 - 5:30	Muay Thai 4:30 - 5:30	BJJ Basics-Mat 1 4:30 - 5:30	Muay Thai 4:30 - 5:30		
5:00						
5:30	BJJ Advanced-Mat 2 5:30 - 6:30	Boxing 5:30 - 6:30	BJJ Advanced-Mat 1 5:30 - 6:30	Boxing 5:30 - 6:30		
6:00						
6:30						
7:00						
7:30						