



Stand Up Boxing and Muay Thai

DETHRONE 2 (Clovis & Clinton)



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 AM	Open Gym 10:00 - 11:00	Adult Boxing 10:00 - 11:00	Open Gym 10:00 - 11:00	Adult Boxing 10:00 - 11:00	Open Gym 10:00 - 11:00	Closed. Classes at Dethrone 1 Bullard and Marks
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
4:30 PM						
5:00 PM					Cardio MMA 5:00 - 6:00	
5:30 PM	Cardio MMA 5:30 - 6:30	Cardio MMA 5:30 - 6:30	Cardio MMA 5:30 - 6:30	Cardio MMA 5:30 - 6:30		
6:00 PM						
6:30 PM	Muay Thai 6:30 - 7:30	Muay Thai 6:30 - 7:30	Muay Thai 6:30 - 7:30	Muay Thai 6:30 - 7:30		
7:00 PM						
7:30 PM	Adult Boxing 7:30 - 8:30	Adult Boxing 7:30 - 8:30	Adult Boxing 7:30 - 8:30	Adult Boxing 7:30 - 8:30		
8:00 PM						
8:30 PM						