



# Stand Up Boxing and Muay Thai

## DETHRONE 1 (Bullard & Marks)



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 AM	10:00-12:00 Open Gym	10:00 - 11:00 Muay Thai	10:00-12:00 Open Gym	10:00 - 11:00 Muay Thai	10:00-12:00 Open Gym	10:00-11:00 Muay Thai
10:30 AM		11:00 - 12:00 PM Open Gym		11:00 - 12:00 PM Open Gym		11:00-12:00 Open Gym
11:00 AM						
11:30 AM						
12:00 PM						
4:30 PM	4:30-5:30 Boxing		4:30-5:30 Boxing		4:30-5:30 Boxing	
5:00 PM						
5:30 PM						
6:00 PM					6:00-7:00 Muay Thai For MMA	
6:30 PM	6:30-7:30 Muay Thai Power & Conditioning	6:30-7:30 Muay Thai Power & Conditioning	6:30-7:30 Muay Thai Power & Conditioning	6:30-7:30 Muay Thai Power & Conditioning		
7:00 PM						
7:30 PM		7:30-8:30 Muay Thai Technique		7:30-8:30 Muay Thai Technique		
8:00 PM						
8:30 PM						