

# DETHRONE 1 (Bullard & Marks)

## STAND UP

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