



COVID-19 Modified Schedule

DETHRONE 1 (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	
6:30 AM						
9:00 AM						HIIT Circuit 9 - 10 AM
9:30 AM						
10:00 AM						Muay Thai 10 - 11AM
10:30 AM						
11:00 AM	Muay Thai 11AM - 12PM	Adult Boxing 11AM - 12PM	Muay Thai 11AM - 12PM	Adult Boxing 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						
6:00 PM	HIIT Circuit 5:45 - 6:45 PM	HIIT Circuit 5:45 - 6:45 PM	HIIT Circuit 5:45 - 6:45 PM	HIIT Circuit 5:45 - 6:45 PM	HIIT Circuit 5:45 - 6:45 PM	
6:30 PM						
7:00 PM						
7:30 PM	Muay Thai 7:15 - 8:15 PM	Muay Thai 7:15 - 8:15 PM	Muay Thai 7:15 - 8:15 PM	Muay Thai 7:15 - 8:15 PM		
8:00 PM						