

# Dethrone Mixed Martial Arts

Clovis & Clinton

## Brazilian Jiu Jitsu - Mat 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00		Adult BJJ w/Gi 10:00 - 11:00		Adult BJJ w/Gi 10:00 - 11:00		
10:30						
11:00	No Gi 11:30 - 12:30		No Gi 11:30 - 12:30		No Gi 11:30 - 12:30	Adult BJJ w/Gi 11:00 - 12:00
11:30						
12:00						Open Mat 12:00 - 1:00
12:30						
1:00						
5:00						
5:30						
6:00		Adult BJJ w/Gi 6:00 - 7:00		No Gi 6:00 - 7:00	Open Mat 6:00 - 7:30	
6:30	No Gi 6:30 - 7:30		Adult BJJ w/Gi 6:30 - 8:00			
7:00		Adult Wrestling 7:00 - 8:00		MMA / Wrestling 7:00 - 8:00		
7:30						
8:00						