

Dethrone Mixed Martial Arts

Clovis & Clinton

Adult Stand Up

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00						Adult Boxing 9:00 - 10:00
9:30						
10:00	Open Gym 10:00 - 11:00	Muay Thai 10:00 - 11:00	Open Gym 10:00 - 11:00	Muay Thai 10:00 - 11:00	Open Gym 10:00 - 11:00	
10:30						
5:00						
5:30	Cardio MMA 5:30 - 6:30	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						
6:30	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						
7:30	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						
8:30						