Adult
Modified Schedule
DETHRONE 2 (Clovis & Clinton)

Time	Monday		Tuesday		Wednesday		Thursday		Friday	Saturday
9:00 AM										HIIT Circut 9 - 10 AM
9:30 AM										
10:00 AM										
5:00 PM										
5:30 PM	HIIT Circuit 5:30 - 6:15 PM		HIIT Circuit 5:30 - 6:15 PM		HIIT Circuit 5:30 - 6:15 PM		HIIT Circuit 5:30 - 6:15 PM			
6:00 PM		Jiu Jitsu w/Gi 6:15 - 7:30 PM		Jiu Jitsu w/Gi 6:15 - 7:30 PM		Jiu Jitsu w/Gi 6:15 - 7:30 PM		Jiu Jitsu w/Gi 6:15 - 7:30 PM	Jiu Jitsu Open Mat 6:00 -7:30 PM	
6:30 PM										
7:00 PM	Adult Boxing 7 - 8PM		Adult Boxing 7 - 8PM		Adult Boxing 7 - 8PM		Adult Boxing 7 - 8PM			
7:30 PM		Muay Thai 7:30 - 8:30PM		Muay Thai 7:30 - 8:30PM		Muay Thai 7:30 - 8:30PM		Muay Thai 7:30 - 8:30PM		
8:00 PM										
8:30 PM										