

# DETHRONE 1 (Bullard & Marks)

## WRESTLING

Time	Sunday	Monday	Tuesday	Wednesday	Thursday
6:00 PM			6:00-7:00		6:00-7:00
6:30 PM		6:30-7:30	Beginner	6:30-7:30	Beginner
7:00 PM		Beginner	Wrestling	Beginner	Wrestling
7:30 PM		Wrestling		Wrestling	

Time	Sunday	Monday	Tuesday	Wednesday	Thursday
11:00 AM	11:00-1:00				
-	Advanced				
1:00 PM	Wrestling				
6:00 PM			6:00-7:45		6:00-7:45
6:30 PM			Advanced		Advanced
7:00 PM			Wrestling		Wrestling
7:30 PM					
8:00 PM					

**Beginner:** 0-2 years of training

**Advanced:** At least 2 years of training and competes in tournaments. This also includes national team members.