



COVID-19 Modified Schedule DETHRONE 2 (Clovis & Clinton)



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM						HIIT Circuit 9 - 10 AM
9:30 AM						
10:00 AM						
5:30 PM						
6:00 PM	HIIT Circuit 6 - 7PM	HIIT Circuit 6 - 7PM	HIIT Circuit 6 - 7PM	HIIT Circuit 6 - 7PM		
6:30 PM						
7:00 PM	Adult Boxing 7 - 8PM	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						