

DETHRONE 2 (Kings Canyon & Peach)

STAND UP

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM	10:00-12:00	9:00-10:00	10:00-12:00	9:00-10:00	10:00-12:00	9:00-10:00
9:30 AM	Open	Muay Thai/	Open	Muay Thai/	Open	Boxing
10:00 AM	Gym	Kickboxing	Gym	Kickboxing	Gym	
5:00 PM					5:00-6:00	
5:30 PM	5:30-6:30	5:30-6:30	5:30-6:30	5:30-6:30	Cardio MMA	
6:00 PM	Cardio MMA	Cardio MMA	Cardio MMA	Cardio MMA		
6:30 PM	6:30-7:30	6:30-7:30	6:30-7:30	6:30-7:30		
	Muay Thai	Muay Thai	Muay Thai	Muay Thai		
7:00 PM						
7:30 PM	7:30-8:30	7:30-8:30	7:30-8:30	7:30-8:30		
8:00 PM	Boxing	Boxing	Boxing	Boxing		
8:30 PM						