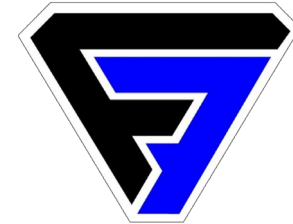


BE AN ASSET PROGRAM – August 2024



START TIMES **COME BETWEEN THESE TIMES ONCE FOR EACH CIRCUIT # **

MON- 6-9AM / 3PM – 6PM

POLICE DT STARTS AT 715PM

THURS -430PM-7PM

MUAY THAI TUESDAYS @ 6PM & SAT 1230PM

SAT- 6AM-9AM / 2PM

TEAM CIRCUITS SUN @8AM / WED @630PM / FRIDAYS @730PM

SUN – 1PM-3PM

RUN GROUP MEET SAT @8AM

SHUTTLE PRACTICE EVERY SUNDAY @10AM / WEDNESDAY @ 5PM/ FRIDAY @6PM

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|-------------------------|------------------------|--|-------------------------|--|---|
| | | | | 1 CIRCUIT #1 | 2 SHUTTLE POLICE DT | 3 RUN GROUP CIRCUIT #1 MUAY THAI |
| 4 TEAM CIRCUIT 1 SHUTTLE CIRCUIT #1 | 5 CIRCUIT #1 | 6 MUAY THAI | 7 SHUTTLE TEAM CIRCUIT 1 | 8 CIRCUIT #2 | 9 SHUTTLE TEAM CIRCUIT 1 | 10 RUN GROUP CIRCUIT #2 MUAY THAI |
| 11 TEAM CIRCUIT 2 SHUTTLE CIRCUIT #2 | 12 CIRCUIT #2 | 13 MUAY THAI | 14 SHUTTLE TEAM CIRCUIT 2 | 15 CIRCUIT #3 | 16 SHUTTLE TEAM CIRCUIT 2 | 17 RUN GROUP CIRCUIT #3 MUAY THAI |
| 18 TEAM CIRCUIT 3 SHUTTLE CIRCUIT #3 | 19 CIRCUIT #3 | 20 MUAY THAI | 21 SHUTTLE TEAM CIRCUIT 3 | 22 CIRCUIT #4 | 23 SHUTTLE TEAM CIRCUIT 3 PREP | 24 RUN GROUP CIRCUIT #4 PREP |
| 25 TEAM CIRCUIT 4 SHUTTLE CIRCUIT #4 | 26 CIRCUIT #4 | 27 MUAY THAI | 28 SHUTTLE TEAM CIRCUIT 4 | 29 CIRCUIT #5 | 30 SHUTTLE TEAM CIRCUIT 4 | 31 RUN GROUP CIRCUIT #5 MUAY THAI |

BE AN ASSET PROGRAM – September 2024



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| SUNDAY | MONDAY | TUESDAY | WEDNESD | THURSDAY | FRIDAY | SATURDAY |
|--|-------------------------|------------------------|--|-------------------------|--|--------------------------------------|
| 1 TEAM CIRCUIT 5 SHUTTLE CIRCUIT #5 | 2 CIRCUIT #5 | 3 MUAY THAI | 4 SHUTTLE TEAM CIRCUIT 5 | 5 CIRCUIT #6 | 6 SHUTTLE TEAM CIRCUIT 5 | 7 CIRCUIT #6 MUAY THAI |
| 8 TEAM CIRCUIT 6 SHUTTLE CIRCUIT #6 | 9 CIRCUIT #6 | 10 MUAY THAI | 11 SHUTTLE TEAM CIRCUIT 6 | 12 CIRCUIT #7 | 13 SHUTTLE TEAM CIRCUIT 6 PREP | 14 PREP |
| 15 TEAM CIRCUIT 7 SHUTTLE CIRCUIT #7 | 16 CIRCUIT #7 | 17 MUAY THAI | 18 SHUTTLE TEAM CIRCUIT 7 | 19 CIRCUIT #8 | 20 SHUTTLE TEAM CIRCUIT 7 | 21 CIRCUIT #8 MUAY THAI |
| 22 TEAM CIRCUIT 8 SHUTTLE CIRCUIT #8 | 23 CIRCUIT #8 | 24 MUAY THAI | 25 SHUTTLE TEAM CIRCUIT 8 | 26 CIRCUIT #9 | 27 SHUTTLE TEAM CIRCUIT 8 PREP | 28 CIRCUIT #9 PREP |
| 29 SHUTTLE | 30 CIRCUIT #9 | 1 | 2 | 3 | 4 | 5 |