## **SUMMER PREP PROGRAM – JULY 2024**

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

MON- 6-9AM / 3PM – 6PM
THURS -430PM-7PM

JIU-JITSU SATURDAYS @ 12PM
MUAY THAI TUESDAYS @ 6PM

SAT- 6AM-9AM / 2PM POLICE DT / MMA CLASS FRIDAYS @715PM

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 MUAY THAI	3 SHUTTLE	<u>4</u> CIRCUIT #2	<u>5</u> Shuttle Police Dt	<u>6</u> RUN GROUP CIRCUIT #2 JIU-JITSU
7 SHUTTLE CIRCUIT 2	<u>8</u> CIRCUIT #2	9 MUAY THAI	10 SHUTTLE	11 CIRCUIT #3	12 SHUTTLE POLICE DT	13 RUN GROUP CIRCUIT #3 JIU-JITSU
14 SHUTTLE CIRCUIT #3	<u>15</u> CIRCUIT #3	16 MUAY THAI	17 SHUTTLE	18 CIRCUIT #4	19 SHUTTLE POLICE DT	20 RUN GROUP CIRCUIT #4 JIU-JITSU
21 SHUTTLE CIRCUIT #4	22 CIRCUIT #4 PREP	23 PREP	24 SHUTTLE	<u>25</u> CIRCUIT #5	26 SHUTTLE PREP	27 RUN GROUP PREP
28 SHUTTLE CIRCUIT #5	<u>29</u> CIRCUIT #5	30 CIRCUIT #5 MUAY THAI	31 SHUTTLE	<u>1</u>	<u>2</u>	<u>3</u>

## **SUMMER PREP PROGRAM – August 2024**

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

MON- 6-9AM / 3PM – 6PM SPARRING CLASS SATURDAYS @ 12PM

THURS -430PM-7PM MUAY THAI TUESDAYS @ 6PM

SAT- 6AM-9AM / 2PM TEAM CIRCUITS SUN @8AM / WED @630PM / FRIDAYS @430PM AND 730PM

**27** 

**MUAY THAI** 

SUN – 1PM-3PM RUN GROUP MEET SAT @8AM

26

CIRCUIT #9

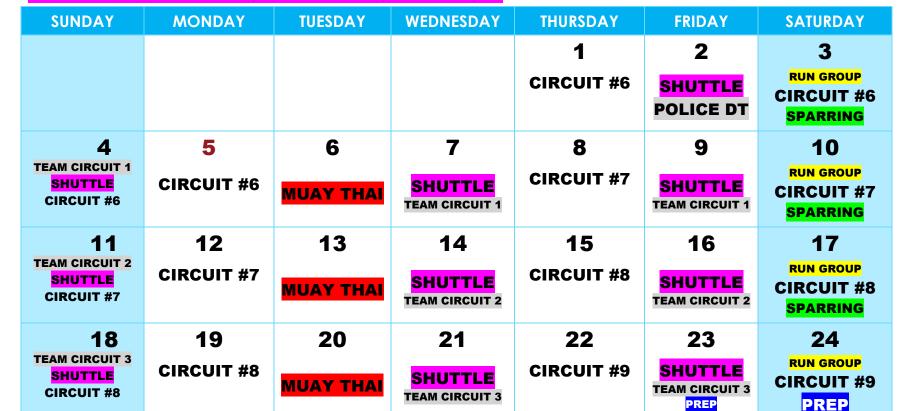
25

**TEAM CIRCUIT 4** 

SHUTTLE

**CIRCUIT #9** 

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



28

SHUTTLE

**TEAM CIRCUIT 4** 

29

**CIRCUIT #10** 

**30** 

SHUTTLE

**TEAM CIRCUIT 4** 

31

**RUN GROUP** 

**CIRCUIT #10** 

**SPARRING** 

