

SUMMER PREP PROGRAM – JULY 2024



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

MON- 6-9AM / 3PM – 6PM

JIU-JITSU SATURDAYS @ 12PM

THURS -430PM-7PM

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

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

