

OCTOBER 2025

FULL CIRCUITS (COME BETWEEN THESE TIMINGS)

MON - 6 - 9 AM / 3 PM - 7 PM -SHUTTLE PRACTICE = SUN 11 AM / WED 5 PM

THURS - 430 PM - 730 PM -MUAY THAI = TUES 530 PM

SAT- 6 AM - 10 AM -TEAM CIRCUITS = TUES 7 PM / WED 630 PM / FRI 6 PM / SAT 11AM

PREP PRACTICES WILL BE FRI @ 5PM , 7PM & SAT @ 6AM, 8AM, 10AM, 12PM (CHOOSE ONE)

SUNDAY CLASSES (INTERVIEWS AND DEFENSIVE TACTICS) = 2PM



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

NOVEMBER 2025

FULL CIRCUITS (COME BETWEEN THESE TIMINGS)

MON - 6 - 9 AM / 3 PM - 7 PM -SHUTTLE PRACTICE = SUN 11 AM / WED 5 PM

THURS - 430 PM - 730 PM -MUAY THAI = TUES 530 PM

SAT- 6 AM - 10 AM -TEAM CIRCUITS = TUES 7 PM / WED 630 PM / FRI 6 PM / SAT 11AM

PREP PRACTICES WILL BE FRI @ 5PM , 7PM & SAT @ 6AM, 8AM, 10AM, 12PM (CHOOSE ONE)

SUNDAY CLASSES (INTERVIEWS AND DEFENSIVE TACTICS = 2PM



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

December 2025

TEAM CIRCUITS

-MON = 6 AM & 8 AM / 4 PM & 5 PM -THURS = 5 PM & 6 PM - SAT = 7 AM & 8 AM & 10 AM

-TUES = 6 PM & 7 PM

-FRI = 5 PM & 6 PM

PREP PRACTICES - FRI = 5 PM , 7 PM & SAT = 6 AM, 8 AM, 10 AM, 12 PM (CHOOSE ONE)

SHUTTLES = SUN 11 AM / WED 5 PM



SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5	6
		TEAM CIRCUIT	PREP TEAM CIRCUIT	SHUTTLE	TEAM CIRCUIT	PREP TEAM CIRCUIT	TEAM CIRCUIT
	7	8	9	10	11	12	13
	SHUTTLE	TEAM CIRCUIT	TEAM CIRCUIT	SHUTTLE	TEAM CIRCUIT	PREP	PREP
	14	15	16	17	18	19	20
	SHUTTLE	TEAM CIRCUIT	TEAM CIRCUIT	SHUTTLE	TEAM CIRCUIT	PREP	PREP
	21	22	23	24	25	26	27
	SHUTTLE	TEAM CIRCUIT	TEAM CIRCUIT	SHUTTLE	Christmas Day	Boxing Day (Many regions)	TEAM CIRCUIT
	28	29	30	31			
	SHUTTLE	TEAM CIRCUIT	TEAM CIRCUIT	SHUTTLE			