

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

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

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

BE AN ASSET PROGRAM – September 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

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

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