## **BE AN ASSET PROGRAM – JUNE 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



	SHUTTLE PRACTICE EVERY SUNDAY @ IVAM / WEDNESDAY @ SPM/ FRIDAY @OPM								
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
						1 RUN GROUP CIRCUIT #4 JIU-JITSU			
<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	8			
<mark>SHUTTLE</mark> CIRCUIT #4	CIRCUIT #4	MUAY THAI	SHUTTLE	CIRCUIT #5	SHUTTLE POLICE DT	RUN GROUP CIRCUIT #5 JIU-JITSU			
<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>			
SHUTTLE CIRCUIT #5	CIRCUIT #5	MUAY THAI	SHUTTLE	CIRCUIT #6	SHUTTLE MMA	RUN GROUP CIRCUIT #6 JIU-JITSU			
<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>			
SHUTTLE CIRCUIT #6	CIRCUIT #6	MUAY THAI	SHUTTLE	CIRCUIT #7	SHUTTLE POLICE DT	RUN GROUP CIRCUIT #7 <mark>JIU-JITSU</mark>			
<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>			
SHUTTLE CIRCUIT #7	CIRCUIT #7	MUAY THAI	SHUTTLE	CIRCUIT #8	SHUTTLE PREP	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
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
	1 CIRCUIT #8	2 MUAY THAI	3 SHUTTLE	<u>4</u> CIRCUIT #9	<u>5</u> Shuttle Mma	<u>6</u> RUN GROUP CIRCUIT #9 JIU-JITSU
7 SHUTTLE CIRCUIT #9	<u>8</u> CIRCUIT #9	9 MUAY THAI	10 SHUTTLE	11 CIRCUIT #10	12 SHUTTLE POLICE DT	13 RUN GROUP CIRCUIT #10 JIU-JITSU
14 SHUTTLE CIRCUIT #10	15 CIRCUIT #10	16	17 SHUTTLE	18 CIRCUIT #11	19 SHUTTLE MMA	20 RUN GROUP CIRCUIT #11 JIU-JITSU
21 SHUTTLE CIRCUIT #11	22 CIRCUIT #11 PREP	23 PREP	24 SHUTTLE	25 CIRCUIT #12	26 SHUTTLE PREP	27 RUN GROUP PREP
28 SHUTTLE CIRCUIT #12	29 CIRCUIT #12	30 CIRCUIT #12	31 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	2	3
				CIRCUIT #13	SHUTTLE	RUN GROUP CIRCUIT #13 SPARRING
4	5	6	7	8	9	10
TEAM CIRCUIT 1 SHUTTLE CIRCUIT #13	CIRCUIT #13	MUAY THAI	SHUTTLE TEAM CIRCUIT 1	CIRCUIT #14	SHUTTLE TEAM CIRCUIT 1	RUN GROUP CIRCUIT #14 SPARRING
11	12	13	14	15	16	17
TEAM CIRCUIT 2 SHUTTLE CIRCUIT #14	CIRCUIT #14	MUAY THAI	SHUTTLE TEAM CIRCUIT 2	CIRCUIT #15	SHUTTLE TEAM CIRCUIT 2	RUN GROUP CIRCUIT #15 SPARRING
18	19	20	21	22	23	24
TEAM CIRCUIT 3 SHUTTLE CIRCUIT #15	CIRCUIT #15	MUAY THAI	SHUTTLE TEAM CIRCUIT 3	CIRCUIT #16	SHUTTLE TEAM CIRCUIT 3 PREP	RUN GROUP CIRCUIT #16 PREP
25	26	27	28	29	30	31
TEAM CIRCUIT 4 SHUTTLE CIRCUIT #16	CIRCUIT #16	MUAY THAI	SHUTTLE TEAM CIRCUIT 4	CIRCUIT #17	SHUTTLE TEAM CIRCUIT 4	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** 

TUESDAY

THURS -430PM-7PM

**MUAY THAI TUESDAYS @ 6PM** 

**SAT- 6AM-9AM / 2PM** 

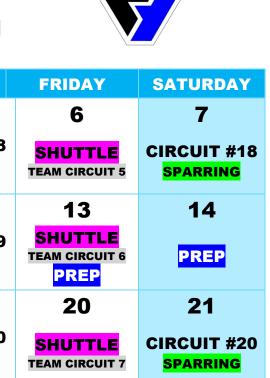
SUNDAY

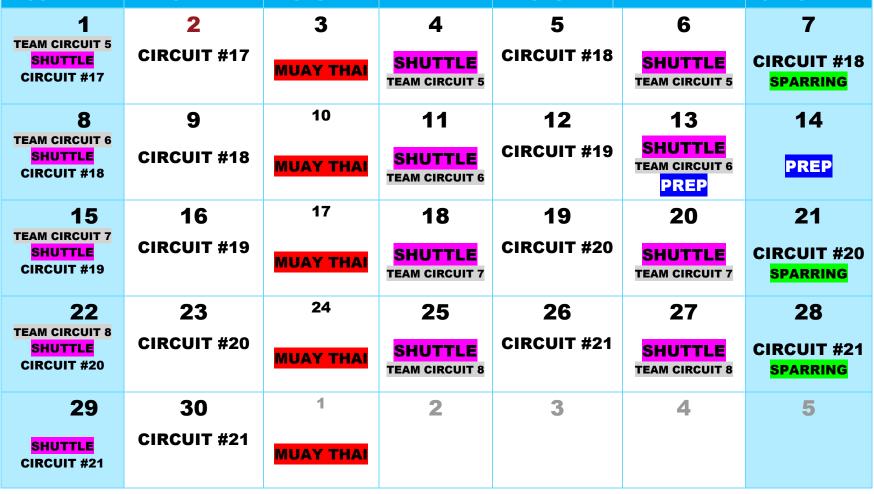
TEAM CIRCUITS SUN @8AM / WED @630PM / FRIDAYS @430PM AND 730PM

SUN - 1PM-3PM

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

MONDAY





WEDNESD

**THURSDAY**