

JANUARY 2026

FULL CIRCUIT AVAILABILITY (COME BETWEEN THESE TIMINGS)

MON - 6 - 9 AM / 3 PM - 8 PM **-SHUTTLE PRACTICE** = SUN 11 AM / WED 5 PM
 FRI - 430 PM - 730 PM **-MUAY THAI** = TUES 530 PM

TEAM CIRCUITS = TUES 7 PM THURS 5 / 7 SAT 7AM / 9AM

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



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

FEBRUARY 2026

FULL CIRCUIT AVAILABILITY (COME BETWEEN THESE TIMINGS)

MON - 6 - 9 AM / 3 PM - 8 PM **-SHUTTLE PRACTICE** = SUN 11 AM / WED 5 PM
 FRI - 430 PM - 730 PM **-MUAY THAI** = TUES 530 PM

TEAM CIRCUITS = TUES 7 PM THURS 5 / 7 SAT 7AM / 9AM

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



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

MARCH 2026

FULL CIRCUIT AVAILABILITY (COME BETWEEN THESE TIMINGS)

MON - 6 - 9 AM / 3 PM - 8 PM -SHUTTLE PRACTICE = SUN 11 AM / WED 5 PM
 FRI - 430 PM - 730 PM -MUAY THAI = TUES 530 PM

TEAM CIRCUITS = TUES 7 PM THURS 5 / 7 SAT 7AM / 9AM

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



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