

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	10
SHUTTLE		FULL CIRCUIT #1	MUAY THAI TEAM CIRCUIT	SHUTTLE	TEAM CIRCUIT	FULL CIRCUIT #1	TEAM CIRCUIT
	11	12	13	14	15	16	17
SHUTTLE		FULL CIRCUIT #2	MUAY THAI TEAM CIRCUIT	SHUTTLE	TEAM CIRCUIT	FULL CIRCUIT #2	TEAM CIRCUIT
	18	19	20	21	22	23	24
SHUTTLE		FULL CIRCUIT #3	MUAY THAI TEAM CIRCUIT	SHUTTLE	TEAM CIRCUIT	FULL CIRCUIT #3	TEAM CIRCUIT
	25	26	27	28	29	30	31
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				