



**BE CHOSEN ACADEMY**  
**2117 William St, Cape Girardeau**  
**BeChosenAcademy.com**  
**573-803-0975**

## **Be Chosen Schedule**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>5:00 AM</b>	Mob Squad 5:00 - 5:45		Mob Squad 5:00 - 5:45		Mob Squad 5:00 - 5:45	
<b>5:30AM</b>	HIIT Boxing 5:30 - 6:00			HIIT Boxing 5:30 - 6:00		
<b>6:00 AM</b>	HIIT Boxing 6:00 - 6:30	HIIT Boxing 6:00 - 6:30	HIIT Boxing 6:00 - 6:30	HIIT Boxing 6:00 - 6:30	HIIT Boxing 6:00 - 6:30	
<b>7:00 AM</b>		HIIT Boxing 7:00 - 7:30		HIIT Boxing 7:00 - 7:30		Athletic Performance 7:30 - 8:15
<b>8:00 AM</b>	HIIT Boxing 8:15 - 8:45				HIIT Boxing 8:15 - 8:45	HIIT Boxing 8:00 - 8:45
<b>9:00 AM</b>						HIIT Boxing 9:00 - 9:45
<b>10:00 AM</b>						Squad Bootcamp 10:00 - 11:00
<b>11:00AM</b>						
<b>12:00PM</b>						
<b>1:00 PM</b>		HIIT Boxing 1:00 - 1:45		HIIT Boxing 1:00 - 1:45		
<b>2:00 PM</b>						
<b>3:45 PM</b>	Be Chosen Youth 3:45 - 4:30	Athletic Performance 3:45 - 4:30	Be Chosen Youth 3:45 - 4:30	Athletic Performance 3:45 - 4:30		
<b>4:30 PM</b>			Athletic Performance 4:30 - 5:15		Athletic Performance 4:30 - 5:15	
<b>5:15 PM</b>	HIIT Boxing 5:15 - 6:00	HIIT Boxing 5:15 - 6:00	HIIT Boxing 5:15 - 6:00	HIIT Boxing 5:15 - 6:00	HIIT Boxing 5:15 - 6:00	
<b>6:00 PM</b>	HIIT Strength 6:00 - 6:45	Athletic Performance 6:00 - 6:45	HIIT Boxing 6:00 - 6:45	Athletic Performance 6:00 - 6:45	HIIT Boxing 6:00 - 6:45	