



CIRCUIT ROOM SCHEDULE

All Classes in the circuit room are Fee based and registration is required to participate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	RED OAKS SCHOOL 8:15-9:00 end 5/19 Intense Cardio Circuit 9:10-10:00am Gale 4/4-6/27			RED OAKS SCHOOL 8:15-9:00 end 5/19 Intense Cardio Circuit 9:30-10:20am Gale 4/7-6/30
Healthy Heart Program 11:30-1:00pm Jim 4/3-6/30		Healthy Heart Program 11:30-1:00pm Jim 4/3-6/30		Healthy Heart Program 11:30-1:00pm Jim 4/3-6/30

TRX
7:00-7:45pm
Wayne
Session 1: 4/17-6/5
*no class 5/29



TRX
7:00-7:45pm
Wayne
Session 1: 4/20-6/1

