



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

RED OAKS SCHOOL

8:15-9:00

8:15-9:00

Intense Cardio Circuit

Intense Cardio Circuit

9:10-10:00am

9:30-10:20am

Gale

Gale

1/10-3/28

1/13-3/31

Healthy Heart Program

Healthy Heart Program

Healthy Heart Program

11:30-1:00pm

11:30-1:00pm

11:30-1:00pm

Jim

Jim

Jim

1/2-3/31

1/2-3/31

1/2-3/31

TRX

TRX

7:00-7:45pm

7:00-7:45pm

Wayne

Wayne

Session 1: 1/9-2/20

Session 1: 1/12-2/23

Session 2: 2/27-4/10

Session 2: 3/2-4/13

