

# 2010 TEAM WOLF STRENGTH AND CONDITIONING CIRCUIT

calendar updated February 25th

TIME	FEBRUARY - cycle 1				
6-8 PM				23	Tuesday
6-8 PM				24	Wednesday
1-3 PM			21	28	Sunday

	MARCH - cycle 2				
6-8 PM	2	9	16	23	Tuesday
6-8 PM	3	10	17	24	Wednesday
1-3 PM	7	14	21	off	Sunday

	APRIL - cycle 3				
6-8 PM	6	13	20	27	Tuesday
6-8 PM	7	14	21	28	Wednesday
1-3 PM	off	11	18	25	Sunday

	MAY - cycle 4				
6-8 PM	4	11	18	off	Tuesday
6-8 PM	5	12	19	off	Wednesday
1-3 PM	2	off	16	23	Sunday