

WEEK 1	<u>MONDAY</u> CIRCUIT 1	<u>TUESDAY</u> CIRCUIT 3	<u>WEDNESDAY</u> CIRCUIT 1	<u>THURSDAY</u> CIRCUIT 5	<u>FRIDAY</u> CIRCUIT 1
WEEK 2	<u>MONDAY</u> CIRCUIT 2	<u>TUESDAY</u> CIRCUIT 4	<u>WEDNESDAY</u> CIRCUIT 2	<u>THURSDAY</u> CIRCUIT 6	<u>FRIDAY</u> CIRCUIT 2
WEEK 3	<u>MONDAY</u> CIRCUIT 3	<u>TUESDAY</u> CIRCUIT 5	<u>WEDNESDAY</u> CIRCUIT 3	<u>THURSDAY</u> CIRCUIT 7	<u>FRIDAY</u> CIRCUIT 3
WEEK 4	<u>MONDAY</u> CIRCUIT 4	<u>TUESDAY</u> CIRCUIT 6	<u>WEDNESDAY</u> CIRCUIT 4	<u>THURSDAY</u> CIRCUIT 8	<u>FRIDAY</u> CIRCUIT 4

WEEK 1

MONDAY
CIRCUIT
5

TUESDAY
CIRCUIT
7

WEDNESDAY
CIRCUIT
5

THURSDAY
CIRCUIT
9

FRIDAY
CIRCUIT
5

WEEK 2

MONDAY
CIRCUIT
6

TUESDAY
CIRCUIT
8

WEDNESDAY
CIRCUIT
6

THURSDAY
CIRCUIT
10

FRIDAY
CIRCUIT
6

WEEK 3

MONDAY
CIRCUIT
7

TUESDAY
CIRCUIT
9

WEDNESDAY
CIRCUIT
7

THURSDAY
CIRCUIT
11

FRIDAY
CIRCUIT
7

WEEK 4

MONDAY
CIRCUIT
8

TUESDAY
CIRCUIT
10

WEDNESDAY
CIRCUIT
8

THURSDAY
CIRCUIT
12

FRIDAY
CIRCUIT
8

WEEK 1	<u>MONDAY</u> CIRCUIT 1	<u>TUESDAY</u> CIRCUIT 3	<u>WEDNESDAY</u> CIRCUIT 5	<u>THURSDAY</u> CIRCUIT 7	<u>FRIDAY</u> CIRCUIT 9
WEEK 2	<u>MONDAY</u> CIRCUIT 2	<u>TUESDAY</u> CIRCUIT 4	<u>WEDNESDAY</u> CIRCUIT 6	<u>THURSDAY</u> CIRCUIT 8	<u>FRIDAY</u> CIRCUIT 12
WEEK 3	<u>MONDAY</u> CIRCUIT 1	<u>TUESDAY</u> CIRCUIT 4	<u>WEDNESDAY</u> CIRCUIT 5	<u>THURSDAY</u> CIRCUIT 8	<u>FRIDAY</u> CIRCUIT 9
WEEK 4	<u>MONDAY</u> CIRCUIT 2	<u>TUESDAY</u> CIRCUIT 3	<u>WEDNESDAY</u> CIRCUIT 6	<u>THURSDAY</u> CIRCUIT 7	<u>FRIDAY</u> CIRCUIT 12