






Class Schedule



Effective April 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1.	2.	3.	4. 6:00-6:45pm Boot camp (7-12)	5. 5-5:45 Ultimate Recess (5-10)	6.  6:45-7:30 pm J.A.W.S.	7. 9:00-9:45 am Sports Skills & Drills
8..	9. 5:30-6:15 pm Youth Yoga Ages 5-13	10. 10:15-11:00am Moovin' and Groovin Dance (2-5) 6:30-7:00 pm Kung Fu	11. 6:00-6:45pm Boot camp (7-12)	12. 5-5:45 Ultimate Recess (5-10)	13 6:45-7:30 pm	14.
15	16. 5:30-6:15 pm Youth Yoga Ages 5-13	17.. 10:15-11:00am Moovin' and Groovin Dance (2-5) No class Kung Fu (6-12)	18. 6:00-6:45pm Boot camp (7-12)	19. 5-5:45 Ultimate Recess (5-10)	20.  J.A.W.S. 6:45-7:30 pm	21.
19.	22 5:30-6:15 pm Youth Yoga Ages 5-13	23. 10:15-11:00am Moovin' and Groovin Dance (2-5) 6:30-7:00 pm Kung Fu (6-12)	24. 6:00-6:45pm Boot camp (7-12)	25 5-5:45 Ultimate Recess (5-10)	26.  J.A.W.S. 6:45-7:30 pm	27
28..	29. 5:30-6:15 pm Youth Yoga Ages 5-13	30. 10:15-11:00am Moovin' and Groovin Dance (2-5) 6:30-7:00 pm Kung Fu (6-12)				
30.						

8 Devine St. North Haven 203 281-7900 www.healthtrax.com

Center Hours: Weekdays 5:00am-10:00pm / Saturday 7:00am-6:00pm Sunday 7:00-5:00pm

Youth Activity Center Hours: Monday-Saturday 8:30am-1:00pm / Monday-Thursday 4:00-8:00pm (reservations required)