

JUMP ROPE FOR HEART SCHEDULE 2019

	Jan 28 (Mon)	January 29 (Tues)	January 30 (Wed)	January 31 (Thurs)	February 1 (Fri-Rain)	February 3 (Mon-Rain)
9:05-9:45	5G	5F	5D	5W	5W RAIN	5F RAIN
9:50-10:30		2R		1O RAIN	5G RAIN	5D RAIN
10:35-11:15	4C	4P	4M	4P RAIN	4C RAIN	4M RAIN
11:40-12:20		2K	2R RAIN	2M	2K RAIN	2M RAIN
12:55-1:35	KM	KH	KK	KM RAIN	KH RAIN	KK RAIN
1:40-2:20	3M	3BC	3BH	3M RAIN	3BC RAIN	3BH RAIN
2:20-3:00		1B	1O	1H	1B RAIN	1H RAIN