

# Jan Feb Mar 2024

# Aqua

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <b>Happy New Year!</b>	2 9am Aqua Move w/ Cicely 11am Aqua Blast w/ Abbi	3 9am Aqua Fit w/ Cicely 1pm Aqua Blast w/ Abbi	4 9am Aqua Move w/ Cicely 11am Aqua Blast w/ Abbi	5 11am H2O Interval w/ Abbi	6 9am All Out Cardio Core w/ Pattie
7 9am Cardio/Core w/ Cicely	8 9am Aqua Blast w/ Cicely 11am Aqua Fit w/ Vanessa	9 9am Aqua Move w/ Cicely 11am Aqua Blast w/ Abbi	10 9am Aqua Fit w/ Cicely 1pm Aqua Blast w/ Abbi	11 9am Aqua Move w/ Cicely 11am Aqua Blast w/ Abbi	12 11am H2O Interval w/ Abbi	13 9am All Out Cardio Core w/ Pattie
14 9am Cardio/Core w/ Cicely	15 9am Aqua Blast w/ Cicely 11am Aqua Fit w/ Vanessa	16 9am Aqua Move w/ Cicely 11am Aqua Blast w/ Abbi	17 9am Aqua Fit w/ Cicely 1pm Aqua Blast w/ Abbi	18 9am Aqua Move w/ Cicely 11am Aqua Blast w/ Abbi	19 11am H2O Interval w/ Abbi	20 9am All Out Cardio Core w/ Pattie
21 9am Cardio/Core w/ Cicely	22 9am Aqua Blast w/ Cicely 11am Aqua Fit w/ Vanessa	23 9am Aqua Move w/ Cicely 11am Aqua Blast w/ Abbi	24 9am Aqua Fit w/ Cicely 1pm Aqua Blast w/ Abbi	25 9am Aqua Move w/ Cicely 11am Aqua Blast w/ Abbi	26 11am H2O Interval w/ Abbi	27 9am All Out Cardio Core w/ Pattie
28 9am Cardio/Core w/ Cicely	29 9am Aqua Blast w/ Cicely 11am Aqua Fit w/ Vanessa	30 9am Aqua Move w/ Cicely 11am Aqua Blast w/ Abbi	31 9am Aqua Fit w/ Cicely 1pm Aqua Blast w/ Abbi			