

April May 2024

Aqua

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------------------------------------|---|---|--|--|---------------------------------------|---|
| | 1 9am Aqua Blast w/ Stephanie 11am Aqua Fit w/ Vanessa | 2 9am Aqua Move w/ Stephanie 11am Aqua Blast w/ Abbi | 3 9am Aqua Fit w/ Stephanie 1pm Aqua Blast w/ Abbi | 4 9am Aqua Move w/Stephanie 11am Aqua Blast w/ Abbi | 5 11am H2O Interval w/ Vanessa | 6 9am All Out Cardio Core w/ Pattie |
| 7 9am Cardio/Core w/ Vanessa | 8 9am Aqua Blast w/ Stephanie 11am Aqua Fit w/ Vanessa | 9 9am Aqua Move w/ Stephanie 11am Aqua Blast w/ Abbi | 10 9am Aqua Fit w/ Stephanie 1pm Aqua Blast w/ Abbi | 11 9am Aqua Move w/Stephanie 11am Aqua Blast w/ Abbi | 12 11am H2O Interval w/ Vanessa | 13 9am All Out Cardio Core w/ Pattie |
| 14 9am Cardio/Core w/ Vanessa | 15 9am Aqua Blast w/ Stephanie 11am Aqua Fit w/ Vanessa | 16 9am Aqua Move w/ Stephanie 11am Aqua Blast w/ Abbi | 17 9am Aqua Fit w/ Stephanie 1pm Aqua Blast w/ Abbi | 18 9am Aqua Move w/Stephanie 11am Aqua Blast w/ Abbi | 19 11am H2O Interval w/ Vanessa | 20 9am All Out Cardio Core w/ Pattie |
| 21 9am Cardio/Core w/ Vanessa | 22 9am Aqua Blast w/ Stephanie 11am Aqua Fit w/ Vanessa | 23 9am Aqua Move w/ Stephanie 11am Aqua Blast w/ Abbi | 24 9am Aqua Fit w/ Stephanie 1pm Aqua Blast w/ Abbi | 25 9am Aqua Move w/Stephanie 11am Aqua Blast w/ Abbi | 26 11am H2O Interval w/ Vanessa | 27 9am All Out Cardio Core w/ Pattie |
| 28 9am Cardio/Core w/ Vanessa | 29 9am Aqua Blast w/ Stephanie 11am Aqua Fit w/ Vanessa | 30 9am Aqua Move w/ Stephanie 11am Aqua Blast w/ Abbi | No class May 12 th Mother's Day, No Class May 26 th Memorial Weekend | | | |