

Sept Oct Nov 2024

Aqua

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 9am Aqua Move w/ Stephanie 11am Aqua Blast w/ Abbi	4 9am Aqua Fit w/ Stephanie 1pm Aqua Blast w/ Abbi	5 9am Aqua Move w/Stephanie 11am Aqua Blast w/ Abbi	6 11am H2O Interval w/ Vanessa	7 9am All Out Cardio Core w/ Pattie
8 9am Cardio/Core w/ Vanessa	9 9am Aqua Blast w/ Stephanie 11am Aqua Fit w/ Vanessa	10 9am Aqua Move w/ Stephanie 11am Aqua Blast w/ Abbi	11 9am Aqua Fit w/ Stephanie 1pm Aqua Blast w/ Abbi	12 9am Aqua Move w/Stephanie 11am Aqua Blast w/ Abbi	13 11am H2O Interval w/ Vanessa	14 9am All Out Cardio Core w/ Pattie
15 9am Cardio/Core w/ Vanessa	16 9am Aqua Blast w/ Stephanie 11am Aqua Fit w/ Vanessa	17 9am Aqua Move w/ Stephanie 11am Aqua Blast w/ Abbi	18 9am Aqua Fit w/ Stephanie 1pm Aqua Blast w/ Abbi	19 9am Aqua Move w/Stephanie 11am Aqua Blast w/ Abbi	20 11am H2O Interval w/ Vanessa	21 9am All Out Cardio Core w/ Pattie
22 9am Cardio/Core w/ Vanessa	23 9am Aqua Blast w/ Stephanie 11am Aqua Fit w/ Vanessa	24 9am Aqua Move w/ Stephanie 11am Aqua Blast w/ Abbi	25 9am Aqua Fit w/ Stephanie 1pm Aqua Blast w/ Abbi	26 9am Aqua Move w/Stephanie 11am Aqua Blast w/ Abbi	27 11am H2O Interval w/ Vanessa	28 9am All Out Cardio Core w/ Pattie
29 9am Cardio/Core w/ Vanessa	30 9am Aqua Blast w/ Stephanie 11am Aqua Fit w/ Vanessa	No Class September 1 st or September 2 nd Any instructor changes will be noted during registration				