

Sept Oct Nov 2025

Aqua

Sun	Mon	Tue	Wed	Thu	Fri	Sat
9am Cardio/Core w/ Kat	9am Aqua Blast w/ Stephanie 11am Aqua Fit w/ Abbi	9am Aqua Move w/ Stephanie 11am Aqua Blast w/ Abbi	9am Aqua Fit w/ Stephanie 1pm Aqua Blast w/ Abbi	9am Aqua Move w/ Stephanie 11am Aqua Blast w/ Abbi	11am H2O Interval w/ Abbi	9am All Out Cardio Core w/ Pattie
Any instructor changes will be noted during registration No class on Sept 1						