

August 2017 Aqua Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9am Aqua w/Victoria 6:30pm w/Debbie	2 9am w/Holly 11am H2O Interval w/Victoria 12pm Muscle Max Light & 1:30 pm Aqua w/Victoria	3 9am Aqua Step w/Victoria 6:30pm w/Debbie	4 9am Aqua Zumba w/Joslyn 11am H2O Interval w/Holly	5 9am w/Pattie
6 9am Cardio/Core w/Lilia	7 9am w/Holly 11am H2O Interval w/Klod 12pm Muscle Max Light & 1:30 pm Aqua w/Victoria	8 9am Aqua w/Victoria 6:30pm w/Debbie 7:30 Aqua moms w/Debbie	9 9am w/Klod 11am H2O Interval w/Victoria 12pm Muscle Max Light & 1:30 pm Aqua w/Victoria	10 9am Aqua w/Victoria 6:30pm w/Debbie 7:30 Aqua moms w/Debbie	11 9am Aqua Zumba w/Joslyn 11am H2O Interval w/Holly	12 9am w/Pattie
13 9am Cardio/Core w/Lilia	14 9am w/Holly 11am H2O Interval w/Klod 12pm Muscle Max Light & 1:30 pm Aqua w/Victoria	15 9am Aqua w/Victoria 6:30pm w/Debbie 7:30 Aqua moms w/Debbie	16 9am w/Holly 11am H2O Interval w/Victoria 12pm Muscle Max Light & 1:30 pm Aqua w/Victoria	17 9am Aqua w/Victoria 6:30pm w/Debbie 7:30 Aqua moms w/Debbie	18 9am Aqua Zumba w/Joslyn 11am H2O Interval w/Holly	19 9am w/Pattie
20 9am Cardio/Core w/Lilia	21 9am w/Victoria 11am H2O Interval w/Klod 12pm Muscle Max Light & 1:30 pm Aqua w/Victoria	22 9am Aqua w/Victoria 6:30pm w/Debbie 7:30 Aqua moms w/Debbie	23 9am w/Klod 11am H2O Interval w/Victoria 12pm Muscle Max Light & 1:30 pm Aqua w/Victoria	24 9am Aqua w/Victoria 6:30pm w/Debbie 7:30 Aqua moms w/Debbie	25 9am Aqua Zumba w/Joslyn 11am H2O Interval w/Victoria	26 9am w/Holly
27 9am Cardio/Core w/Lilia	28 9am w/Holly 11am H2O Interval w/Klod 12pm Muscle Max Light & 1:30 pm Aqua w/Victoria	29 9am Aqua w/Victoria 6:30pm w/Debbie 7:30 Aqua moms w/Debbie	30 9am w/Holly 11am H2O Interval w/Victoria 12pm Muscle Max Light & 1:30 pm Aqua w/Victoria	31 9am Aqua w/Victoria 6:30pm w/Debbie 7:30 Aqua moms w/Debbie		