

December 2022

Aqua

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9am Aqua Fit w/ Vanessa 11am Aqua Step w/ Victoria	2 11am H2O Interval w/ Vanessa	3 9am All Out Cardio Core w/ Pattie
4 9am Cardio/Core w/ Coleen	5 9am Aqua Blast w/Victoria 11am Aqua Fit w/ Vanessa	6 11am Aqua Blast w/ Victoria	7 9am Aqua Fit w/ Coleen 1pm Aqua Blast w/ Victoria	8 9am Aqua Fit w/ Vanessa 11am Aqua Step w/ Victoria	9 11am H2O Interval w/ Vanessa	10 9am All Out Cardio Core w/ Pattie
11 9am Cardio/Core w/ Coleen	12 9am Aqua Blast w/Victoria 11am Aqua Fit w/ Vanessa	13 11am Aqua Blast w/ Victoria	14 9am Aqua Fit w/ Coleen 1pm Aqua Blast w/ Victoria	15 9am Aqua Fit w/ Vanessa 11am Aqua Step w/ Victoria	16 11am H2O Interval w/ Vanessa	17 9am All Out Cardio Core w/ Pattie
18 9am Cardio/Core w/ Coleen	19 9am Aqua Blast w/Victoria 11am Aqua Fit w/ Vanessa	20 11am Aqua Blast w/ Victoria	21 9am Aqua Fit w/ Coleen 1pm Aqua Blast w/ Victoria	22 9am Aqua Fit w/ Vanessa 11am Aqua Step w/ Victoria	23 11am H2O Interval w/ Vanessa	24 9am All Out Cardio Core w/ Pattie
25 Closed Merry Christmas	26 9am Aqua Blast w/Victoria	27 11am Aqua Blast w/ Victoria	28 9am Aqua Fit w/ Coleen 1pm Aqua Blast w/ Victoria	29 9am Aqua Fit w/ Vanessa 11am Aqua Step w/ Victoria	30 11am H2O Interval w/ Vanessa	31 9am All Out Cardio Core w/ Pattie