

Sept Oct Nov 2023

Aqua

Sun	Mon	Tue	Wed	Thu	Fri	Sat
No class Sunday September 3, Monday September 4					1 11am H2O Interval w/ Abbi	2 9am All Out Cardio Core w/ Pattie
3	4 Closed Labor Day Monday September 4	5 9am Aqua Move w/ Coleen 11am Aqua Blast w/ Abbi	6 9am Aqua Fit w/ Vanessa or new 1pm Aqua Blast w/ Abbi	7 9am Aqua Move w/ Coleen 11am Aqua Blast w/ Abbi	8 11am H2O Interval w/ Abbi	9 9am All Out Cardio Core w/ Pattie
10 9am Cardio/Core w/ Coleen	11 9am Aqua Blast w/ Vanessa or new 11am Aqua Fit w/ Vanessa	12 9am Aqua Move w/ Coleen 11am Aqua Blast w/ Abbi	13 9am Aqua Fit w/ Vanessa or new 1pm Aqua Blast w/ Abbi	14 9am Aqua Move w/ Coleen 11am Aqua Blast w/ Abbi	15 11am H2O Interval w/ Abbi	16 9am All Out Cardio Core w/ Pattie
17 9am Cardio/Core w/ Vanessa	18 9am Aqua Blast w/ Vanessa or new 11am Aqua Fit w/ Vanessa	19 9am Aqua Move w/ Coleen 11am Aqua Blast w/ Abbi	20 9am Aqua Fit w/ Vanessa or new 1pm Aqua Blast w/ Abbi	21 9am Aqua Move w/ Coleen 11am Aqua Blast w/ Abbi	22 11am H2O Interval w/ Abbi	23 9am All Out Cardio Core w/ Pattie
24 9am Cardio/Core w/ Coleen	25 9am Aqua Blast w/ Vanessa or new 11am Aqua Fit w/ Vanessa	26 9am Aqua Move w/ Coleen 11am Aqua Blast w/ Abbi	27 9am Aqua Fit w/ Vanessa or new 1pm Aqua Blast w/ Abbi	28 9am Aqua Move w/ Coleen 11am Aqua Blast w/ Abbi	29 11am H2O Interval w/ Abbi	30 9am All Out Cardio Core w/ Pattie