

# April 2022

# Aqua

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