



Aqua Classes September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Closed	3 No Classes	4 8am Aqua Basic 9am Aqua Core 9:50am Yoga 10:30 Arthritis	5 9am Aqua Zumba 6:30pm Water Cardio	6 8am Aqua Basic 9am Aqua Circuit 10:30 Arthritis	7
8	9 8am Aqua Basic 10:30 Arthritis	10 9am Aqua Cardio 6:30pm Water Cardio	11 8am Aqua Basic 9am Aqua Core 9:50am Yoga 10:30 Arthritis	12 9am Aqua Zumba 6:30pm Water Cardio	13 8am Aqua Basic 9am Aqua Circuit 10:30 Arthritis	14
15	16 8am Aqua Basic 10:30 Arthritis	17 9am Aqua Cardio 6:30pm Water Cardio	18 8am Aqua Basic 9am Aqua Core 9:50am Yoga 10:30 Arthritis	19 9am Aqua Zumba 6:30pm Water Cardio	20 8am Aqua Basic 9am Aqua Circuit 10:30 Arthritis	21
22	23 8am Aqua Basic 10:30 Arthritis	24 9am Aqua Cardio 6:30pm Water Cardio	25 8am Aqua Basic 9am Aqua Core 9:50am Yoga 10:30 Arthritis	26 9am Aqua Zumba 6:30pm Water Cardio	27 8am Aqua Basic 9am Aqua Circuit 10:30 Arthritis	28
29	30 8am Aqua Basic 10:30 Arthritis					