



Aqua Schedule:

	MON	TUES	WED	THURS	FRI	SAT	SUN
7:30AM	H2O Intervals Teri		H2O Intervals Teri		H2O Intervals Teri		
8:30AM		Aqua Fit Carol		Aqua Fit Naomi	(9:30) Aqua Fit Naomi		H2O Intervals Teri
11:30AM		Shallow H2O Karen	Shallow H2O Karen	Shallow H2O Debbie T			
6:00PM	H2O Intervals Teri		H2O Intervals Teri				

Aqua fitness classes are cancelled on days that it rains