

SEPTEMBER

A Q U A



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:30-Intense Cardio-DAN	2 8-Aqua Spin- JEN 9-Liquid Cardio- JEN	3 8:30-Intense Cardio-JEN
5 Enjoy your Labor Day!	6 8:30-H2Otherapy- DP 9:30-Intense Cardio- RS 10:30-H2Otherapy- MK 4:15-Intense Cardio- JEN	7 8-Aqua Spin-MK 8:30-H2Otherapy- JEN 9-Liquid Cardio- MK 10-Aqua JAMZ- KEL 5:30-Abs & Buns DAN 6:30-Fins & Spin- DAN	8 8:30-H2Otherapy- MK 9:30-Intense Cardio- MM 10:30-H2Otherapy- DAN	9 8-Aqua Spin- DAN 8:30-H2Otherapy- RS 9-Liquid Cardio- DAN 10-Yoga/Stretch- RS	10 8:30-Intense Cardio-LC
12 8-Aqua Spin- KB 8:30-H2Otherapy- DP 9- Liquid Cardio- KB 5:30-Intense Cardio- LC 6:30-Aqua Spin- LC	13 8:30-H2Otherapy- RS 9:30-Intense Cardio- RS 10:30-H2Otherapy- DAN 4:15-Intense Cardio- KB	14 8-Aqua Spin- MK 8:30-H2Otherapy- JEN 9-Liquid Cardio- MK 10-Aqua JAMZ- Helen 5:30-Abs & Buns- DAN 6:30-Fins & Spin- DAN	15 8:30-H2Otherapy- DP 9:30-Intense Cardio- KB 10:30-H2Otherapy- KEL 4:15-Intense Cardio- KB	16 8-Aqua Spin- DAN 8:30-H2Otherapy- LC 9-Liquid Cardio- JEN 10-Yoga/Stretch- JEN	17 8:30-Intense Cardio-JEN
19 8-Aqua Spin- KB 8:30H2Otherapy- JEN 9- Liquid Cardio- KB 5:30-Intense Cardio- LC 6:30-Aqua Spin- LC	20 8:30-H2Otherapy- RS 9:30-Intense Cardio- MK 10:30-H2Otherapy- MK 4:15-Intense Cardio- KB	21 8-Aqua Spin- MK 8:30-H2Otherapy JEN 9-Liquid Cardio- MK 10-Aqua JAMZ- KEL 5:30-Abs & Buns- DAN 6:30-Fins & Spin- DAN	22 8:30-H2Otherapy- DAN 9:30-Intense Cardio- DAN 10:30-H2Otherapy- KB 4:15-Intense Cardio- KB	23 8-Aqua Spin- LC 8:30-H2Otherapy- KB 9-Liquid Cardio- JEN 10-Yoga/Stretch- RS	24 8:30-Intense Cardio- JEN
26 8-Aqua Spin- DAN 8:30-H2Otherapy-DP 9-Liquid Cardio- DAN 5:30-Intense Cardio- LC 6:30-Aqua Spin- LC	27 8:30-H2Otherapy- JEN 9:30-Intense Cardio- JEN 10:30-H2Otherapy- JEN 4:15-Intense Cardio- KB	28 8-Aqua Spin-KB 8:30-H2Otherapy- DAN 9-Liquid Cardio- KB 10-Aqua JAMZ- DAN 5:30-Abs & Buns- LC 6:30-Fins & Spin- LC	29 8:30-H2Otherapy- RS 9:30-Intensee Cardio- RS 10:30-H2Otherapy- KB 4:15-Intense Cardio- KB	30 8-Aqua Spin- MK 8:30-H2Otherapy- DP 9-Liquid Cardio- MK 10-Yoga/Stretch- KEL	Water shoes highly recommended for classes -Must have 6 people to sustain classes.