

# MARCH

# AQUA



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1</p> <p>8-Aqua Spin– MK 8:30-H2Otherapy– KB 9-Liquid Cardio– MK 10 –Aqua JAMZ– KB</p> <p>5:30-Abs &amp; Buns– LC 6:30-Fins &amp; Spin– LC</p>	<p>2</p> <p>8:30-H2Otherapy– MK 9:30-Intensee Cardio– MK 10:30-H2Otherapy– MK <b>10:45-Boga Basics– Jamie</b></p> <p>4:15-Intense Cardio– KB</p>	<p>3</p> <p>8-Aqua Spin– KB 8:30-H2Otherapy– DP 9-Liquid Cardio– KB 10-Yoga/Stretch– KEL</p>	<p>4</p> <p>8:30-Intense Cardio– LC</p>
<p>6</p> <p>8-Aqua Spin– JEN 8:30-H2Otherapy– DP 9-Liquid Cardi– JEN 5:30-Intense Cardio– LC 6:30-Aqua Spin– LC</p>	<p>7</p> <p>8:30-H2Otherapy– JEN 9:30-Intense Cardio– JEN 10:30-H2Otherapy– DAN 4:15-Intense Cardio– KB</p>	<p>8</p> <p>8-Aqua Spin– MK 8:30-H2Otherapy– JEN 9-Liquid Cardio– MK 10-Aqua JAMZ- KEL 5:30-Abs &amp; Buns DAN 6:30-Fins &amp; Spin– DAN</p>	<p>9</p> <p>8:30-H2Otherapy– KB 9:30-Intense Cardio– KB 10:30-H2Otherapy– KB <b>10:45-Boga Basics– Jamie</b> 4:15-Intense Cardio– KB</p>	<p>10</p> <p>8-Aqua Spin– KB 8:30-H2Otherapy– DAN 9-Liquid Cardio– KB 10-Yoga/Stretch– DAN</p>	<p>11</p> <p>8:30-Intense Cardio– JEN</p>
<p>13</p> <p>8-Aqua Spin– DAN 8:30-H2Otherapy– DP 9- Liquid Cardio– DAN 5:30-Intense Cardio– LC 6:30-Aqua Spin– LC</p>	<p>14</p> <p>8:30-H2Otherapy– MK 9:30-Intense Cardio– MK 10:30-H2Otherapy– JEN 4:15-Intense Cardio– KB</p>	<p>15</p> <p>8-Aqua Spin– MK 8:30-H2Otherapy– JEN 9-Liquid cardio– MK 10-Aqua JAMZ– KEL 5:30-Abs &amp; Buns– DAN 6:30-Fins &amp; Spin– DAN</p>	<p>16</p> <p>8:30-H2Otherapy– DAN 9:30-Intense Cardio– KB 10:30-H2Otherapy–KB <b>10:45-Boga Basics– Jamie</b> 4:15-Intense Cardio– KB</p>	<p>17</p> <p>8-Aqua Spin– JEN 8:30-H2Otherapy– LC 9-Liquid Cardio– JEN 10-Yoga/Stretch–JEN</p>	<p>18</p> <p>8:30-Intense Cardio–JEN</p>
<p>20</p> <p>8-Aqua Spin– KB 8:30H2Otherapy– DP 9- Liquid Cardio– KB 5:30-Intense Cardio–DAN 6:30-Aqua Spin– DAN</p>	<p>21</p> <p>8:30-H2Otherapy– JEN 9:30-Intense Cardio–JEN 10:30-H2Otherapy– MK 4:15-Intense Cardio– KB</p>	<p>22</p> <p>8-Aqua Spin– DAN 8:30-H2Otherapy- JEN 9-Liquid Cardio– DAN 10-Aqua JAMZ– KB 5:30-Abs &amp; Buns LC 6:30-Fins &amp; Spin– LC</p>	<p>23</p> <p>8:30-H2Otherapy– DAN 9:30-Intense Cardio– DAN 10:30-H2Otherapy– DP <b>10:45-Boga Basics– Jamie</b> 4:15-Intense Cardio– LC</p>	<p>24</p> <p>8-Aqua Spin– JEN 8:30-H2Otherapy– LC 9-Liquid Cardio– JEN 10-Yoga/Stretch– KEL</p>	<p>25</p> <p>8:30-Intense Cardio– MK</p>
<p>27</p> <p>8-Aqua Spin– DAN 8:30-H2Otherapy– MK 9-Liquid Cardio– DAN 5:30-Intense Cardio– LC 6:30-Aqua Spin– LC</p>	<p>28</p> <p>8:30-H2Otherapy– DP 9:30-Intense Cardio– DP 10:30-H2Otherapy– DAN 4:15-Intense Cardio– JEN</p>	<p>29</p> <p>8-Aqua Spin– MK 8:30-H2Otherapy– JEN 9-Liquid Cardio– MK 10-Intense Cardio– DP 5:30-Abs &amp; Buns– DAN 6:30-Fins &amp; Spin– DAN</p>	<p>30</p> <p>8:30-H2Otherapy– DAN 9:30-Intense Cardio– DAN 10:30-H2Otherapy– KEL <b>10:45-Boga Basics– Jamie</b> 4:15-Intense Cardio– LC</p>	<p>31</p> <p>8-Aqua Spin– LC 8:30-H2Otherapy– DP 9-Liquid Cardio– JEN 10-Yoga/Stretch– JEN</p>	<p>Water shoes highly recommended for classes</p> <p>Must have 6 people to sustain classes</p>