

# MAY

# AQUA



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>8-Aqua Spin- MK 8:30-H20therapy- DP 9-Liquid Cardio- MK</p> <p>5:30-Intense Cardio- LC 6:30-Aqua Spin- LC</p>	<p>2</p> <p>8:30-H20therapy- DAN 9:30-Intense Cardio- DAN 10:30-H20therapy- MK</p> <p>4:15-Intense Cardio- DP</p>	<p>3</p> <p>8-Aqua Spin- MK 8:30-H20therapy- DAN 9-Liquid Cardio- MK 10-Aqua JAMZ- KEL</p> <p>5:30-Abs &amp; Buns- LC 6:30-Fins &amp; Spin- LC</p>	<p>4</p> <p>8:30-H20therapy- MK 9:30-Intense Cardio- DP 10:30-H20therapy- DP <b>10:45-Boga Basics- Jamie</b></p> <p>4:15-Intense Cardio- LC</p>	<p>5</p> <p>8-Aqua Spin- LC 8:30-H20therapy- DP 9-Liquid Cardio- DAN 10-Yoga/Stretch- DAN</p>	<p>6</p> <p>8:30-Intense Cardio- JEN</p>
<p>8</p> <p>8-Aqua Spin- JEN 8:30-H20therapy- MK 9-Liquid Cardi- JEN</p> <p>5:30-Intense Cardio- LC 6:30-Aqua Spin- LC</p>	<p>9</p> <p>8:30-H20therapy- DP 9:30-Intense Cardio- DAN 10:30-H20therapy- DAN</p> <p>4:15-Intense Cardio- MK</p>	<p>10</p> <p>8-Aqua Spin- MK 8:30-H20therapy- JEN 9-Liquid Cardio- MK 10-Aqua JAMZ- DP</p> <p>5:30-Abs &amp; Buns- DAN 6:30-Fins &amp; Spin- DAN</p>	<p>11</p> <p>8:30-H20therapy- DAN 9:30-Intense Cardio- DAN 10:30-H20therapy- KEL <b>10:45-Boga Basics- Jamie</b></p> <p>4:15-Intense Cardio- JEN</p>	<p>12</p> <p>8-Aqua Spin- LC 8:30-H20therapy- JEN 9-Liquid Cardio- MK 10-Yoga/Stretch- MK</p>	<p>13</p> <p>8:30-Intense Cardio- LC</p>
<p>15</p> <p>8-Aqua Spin- DAN 8:30-H20therapy- DP 9- Liquid Cardio- DAN</p> <p>5:30-Intense Cardio- LC 6:30-Aqua Spin- LC</p>	<p>16</p> <p>8:30-H20therapy- DAN 9:30-Intense Cardio- JEN 10:30-H20therapy- JEN</p> <p>4:15-Intense Cardio- LC</p>	<p>17</p> <p>8-Aqua Spin- MK 8:30-H20therapy- JEN 9-Liquid cardio- MK 10-Aqua JAMZ- KEL</p> <p>5:30-Abs &amp; Buns- KB 6:30-Fins &amp; Spin- KB</p>	<p>18</p> <p>8:30-H20therapy- KB 9:30-Intense Cardio- KB 10:30-H20therapy- DP <b>10:45-Boga Basics- Jamie</b></p> <p>4:15-Intense Cardio- KB</p>	<p>19</p> <p>8-Aqua Spin- KB 8:30-H20therapy- JEN 9-Liquid Cardio- KB 10-Yoga/Stretch-JEN</p>	<p>20</p> <p>8:30-Intense Cardio-JEN</p>
<p>22</p> <p>8-Aqua Spin- DAN 8:30H20therapy- MK 9- Liquid Cardio- DAN</p> <p>5:30-Intense Cardio- KB 6:30-Aqua Spin- KB</p>	<p>23</p> <p>8:30-H20therapy- MK 9:30-Intense Cardio- MK 10:30-H20therapy- DAN</p> <p>4:15-Intense Cardio- JEN</p>	<p>24</p> <p>8-Aqua Spin- MK 8:30-H20therapy- JEN 9-Liquid Cardio- MK 10-Intense Cardio- DAN</p> <p>5:30-Abs &amp; Buns - LC 6:30-Fins &amp; Spin- LC</p>	<p>25</p> <p>8:30-H20therapy- JEN 9:30-Intense Cardio- KB 10:30-H20therapy- KB <b>10:45-Boga Basics- Jamie</b></p> <p>4:15-Intense Cardio- KB</p>	<p>26</p> <p>8-Aqua Spin- KB 8:30-H20therapy- LC 9-Liquid Cardio- KB 10-Yoga/Stretch- KEL</p>	<p>27</p> <p>8:30-Intense Cardio- JEN</p>
<p>29</p> <p><b>Happy Memorial Day!</b></p>	<p>30</p> <p>8:30-H20therapy-DAN 9:30-Intense Cardio- DAN 10:30-H20therapy- MK</p> <p>4:15-Intense Cardio- KB</p>	<p>31</p> <p>8-Aqua Spin- MK 8:30-H20therapy- JEN 9-Liquid Cardio- MK 10-Aqua JAMZ- KEL</p> <p>5:30-Abs &amp; Buns- LC 6:30-Fins &amp; Spin- LC</p>			<p>Water shoes highly recommended for classes</p> <p>Must have 6 people to sustain classes</p>