

# JANUARY

# AQUA



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p><b>HAPPY NEW YEAR!</b></p>	<p>2</p> <p>8:30-H2otherapy- DP 9:30-Intense Cardio- DP 10:30-H2otherapy- MK 4:15-Intense Cardio- KEL</p>	<p>3</p> <p>8-Aqua Spin- MK 8:30-H2otherapy- DP 9-Liquid cardio- MK 10- NO CLASS 5:30-Abs &amp; Buns- DAN 6:30-Aqua Spin- DAN</p>	<p>4</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- MK</p>	<p>5</p> <p>8-Aqua Spin- DAN 8:30-H2otherapy- MK 9-Liquid Cardio- DAN 10-Yoga/Stretch- KEL</p>	<p>6</p> <p>8:30-Intense Cardio- DP</p>
<p>8</p> <p>8-Aqua Spin- DAN 8:30-H2otherapy- DP 9-Liquid Cardio- DAN 5:30-Intense Cardio- JEN 6:30-Aqua Spin- JEN</p>	<p>9</p> <p>8:30-H2otherapy- DAN 9:30-Intense Cardio- DAN 10:30-H2otherapy- JEN 4:15-Intense Cardio- MK</p>	<p>10</p> <p>8-Aqua Spin- MK 8:30-H2otherapy- JEN 9-Liquid Cardio- MK 10-Aqua JAMZ- DP 5:30-Abs &amp; Buns- DAN 6:30-Aqua Spin- DAN</p>	<p>11</p> <p>8:30-H2otherapy- MK 9:30-Intense Cardio- MK 10:30-H2otherapy- DP <b>10:45-Boga Basics- Jamie</b> 4:15-Intense Cardio- JEN</p>	<p>12</p> <p>8-Aqua Spin- DAN 8:30-H2otherapy- JEN 9-Liquid Cardio- DAN 10-Yoga/Stretch- JEN</p>	<p>13</p> <p>8:30-Intense Cardio- JEN</p>
<p>15</p> <p>8-Aqua Spin- KB 8:30-H2otherapy- DP 9- Liquid Cardio- KB 5:30-Intense Cardio- JEN 6:30-Aqua Spin- JEN</p>	<p>16</p> <p>8:30-H2otherapy- MK 9:30-Intense Cardio- MK 10:30-H2otherapy- JEN 4:15-Intense Cardio- KB</p>	<p>17</p> <p>8-Aqua Spin- DAN 8:30-H2otherapy- JEN 9-Liquid Cardio- DAN 10-Intense Cardio- DP 5:30-Abs &amp; Buns- KB 6:30-Aqua Spin- KB</p>	<p>18</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>19</p> <p>8-Aqua Spin- KB 8:30-H2otherapy- DAN 9-Liquid Cardio- KB 10-Yoga/Stretch- DAN</p>	<p>20</p> <p>8:30-Intense Cardio- JEN</p>
<p>22</p> <p>8-Aqua Spin- DAN 8:30H2otherapy- JEN 9- Liquid Cardio- DAN 5:30-Intense Cardio- KB 6:30-Aqua Spin- KB</p>	<p>23</p> <p>8:30-H2otherapy- DP 9:30-Intense Cardio- DP 10:30-H2otherapy- DAN 4:15-Intense Cardio- KB</p>	<p>24</p> <p>8-Aqua Spin- MK 8:30-H2otherapy- JEN 9-Liquid Cardio- MK 10-Aqua JAMZ- DP 5:30-Abs &amp; Buns- DAN 6:30-Aqua Spin- DAN</p>	<p>25</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>26</p> <p>8-Aqua Spin- KB 8:30-H2otherapy- JEN 9-Liquid Cardio- KB 10-Yoga/Stretch- KEL</p>	<p>27</p> <p>8:30-Intense Cardio- JEN</p>
<p>29</p> <p>8-Aqua Spin- DAN 8:30-H2otherapy- DP 9-Liquid Cardi- DAN 5:30-Intense Cardio- KB 6:30-Aqua Spin- KB</p>	<p>30</p> <p>8:30-H2otherapy- JEN 9:30-Intense Cardio- JEN 10:30-H2otherapy- DAN 4:15-Intense Cardio- KB</p>	<p>31</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-Aqua Spin- DAN</p>	<p>Water shoes highly recommended for classes</p> <p>Must have 6 people to sustain classes</p>		