

Aqua Fit

October 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 9:00 Cindy 10:00 Lindsey	4 9:30 Extreme TABATA with Lallie	5 9:00 Jennifer 10:00 Lallie	6 9:30 Extreme Boot Camp with Jennifer	7 9:00 Lindsey 10:00 Cindy	8
9	10 9:00 Lallie 10:00 Cindy	11 9:30 Extreme TABATA with Lallie	12 9:00 Jennifer 10:00 Edie	13 9:30 Extreme Boot Camp with Lindsey	14 9:00 Lindsey 10:00 Jennifer	15
16	17 9:00 Lallie 10:00 Lindsey	18 9:30 Extreme TABATA with Jennifer	19 9:00 Cindy 10:00 Edie	20 9:30 Extreme Boot Camp with Lindsey	21 9:00 Jennifer 10:00 Lallie	22
23	24 9:00 Cindy 10:00 Lallie	25 9:30 Extreme TABATA with Jennifer	26 9:00 Jennifer 10:00 Lallie	27 9:30 Extreme Boot Camp with Lindsey	28 9:00 Lindsey 10:00 Jennifer	29
30	31 9:00 Jennifer 10:00 Edie					