



# AQUA FIT

# FEBRUARY 2023

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