

# Aqua Fit

# September 2023

| Sun | Mon                                | Tue                                         | Wed                                  | Thu                                              | Fri                                  | Sat |
|-----|------------------------------------|---------------------------------------------|--------------------------------------|--------------------------------------------------|--------------------------------------|-----|
|     |                                    |                                             |                                      |                                                  | 1<br>9:00 Lallie<br>10:00 Lindsey    | 2   |
| 3   | 4<br>Labor Day<br>NO CLASSES       | 5<br>9:30 Extreme<br>TABATA with<br>Lallie  | 6<br>9:00 Cindy<br>10:00 Edie        | 7<br>9:30 Extreme<br>Boot Camp<br>with Lindsey   | 8<br>9:00 Desiree<br>10:00 Lallie    | 9   |
| 10  | 11<br>9:00 Lallie<br>10:00 Cindy   | 12<br>9:30 Extreme<br>TABATA with<br>Lallie | 13<br>9:00 Jennifer<br>10:00 Lindsey | 14<br>9:30 Extreme<br>Boot Camp<br>with Jennifer | 15<br>9:00 Desiree<br>10:00 Edie     | 16  |
| 17  | 18<br>9:00 Jennifer<br>10:00 Cindy | 19<br>9:30 Extreme<br>TABATA with<br>Lallie | 20<br>9:00 Lindsey<br>10:00 Lallie   | 21<br>9:30 Extreme<br>Boot Camp<br>with Lindsey  | 22<br>9:00 Jennifer<br>10:00 Desiree | 23  |
| 24  | 25<br>9:00 Jennifer<br>10:00 Edie  | 26<br>9:30 Extreme<br>TABATA with<br>Lallie | 27<br>9:00 Lallie<br>10:00 Cindy     | 28<br>9:30 Extreme<br>Boot Camp<br>with Jennifer | 29<br>9:00 Cindy<br>10:00 Jennifer   | 30  |