



AQUA FIT

JULY 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:00 Lindsey 10:00 Lallie	2 9:30 Extreme TABATA with Jennifer	3 9:00 Lallie 10:00 Jennifer	4 No Class Happy Independence Day!	5 9:00 Jennifer 10:00 Edie	6
7	8 9:00 Lallie 10:00 Lindsey	9 9:30 Extreme TABATA with Lallie	10 9:00 Jennifer 10:00 Janet	11 9:30 Extreme Boot Camp with Jennifer	12 9:00 Lallie 10:00 Jennifer	13
14	15 9:00 Jennifer 10:00 Lallie	16 9:30 Extreme TABATA with Lallie	17 9:00 Jennifer 10:00 Janet	18 9:30 Extreme Boot Camp with Jennifer	19 9:00 Jennifer 10:00 Edie	20
21	22 9:00 Jennifer 10:00 Lallie	23 9:30 Extreme TABATA with Lindsey	24 9:00 Lindsey 10:00 Jennifer	25 9:30 Extreme Boot Camp with Jennifer	26 9:00 Lallie 10:00 Janet	27
28	29 9:00 Jennifer 10:00 Lindsey	30 9:30 Extreme TABATA with Lallie	31 9:00 Lallie 10:00 Edie			