



AQUA FIT

NOVEMBER 2024

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