



AQUA FIT

OCTOBER 2024

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