



AQUA FIT

SEPTEMBER 2025

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