

Aqua Fit

October 2025

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