

Aqua Fit

November 2025

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