



# AQUA FIT

# JULY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:00 Jennifer 10:00 Cindy	2 9:30 Extreme Boot Camp with Jennifer	3 9:00 Janet 10:00 Cindy	4 <b>HAPPY 250th AMERICA!!</b>
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 Janet 10:00 Edie	11
12	13 9:00 Jennifer 10:00 Janet	14 9:30 Extreme TABATA with Jennifer	15 9:00 Gayle 10:00 Jennifer	16 9:30 Extreme Boot Camp with Janet	17 9:00 Lallie 10:00 Edie	18
19	20 9:00 Jennifer 10:00 Janet	21 9:30 Extreme TABATA with Gayle	22 9:00 Jennifer 10:00 Cindy	23 9:30 Extreme Boot Camp with Jennifer	24 9:00 Lallie 10:00 Janet	25
26	27 9:00 Cindy 10:00 Edie	28 9:30 Extreme TABATA with Jennifer	29 9:00 Lallie 10:00 Cindy	30 9:30 Extreme Boot Camp with Janet	31 9:00 Gayle 10:00 Janet	