



AQUA FIT

AUGUST 2026

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