



AQUA FIT

SEPTEMBER 2026

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