Aqua Fit

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:00 Jennifer 10:00 Cindy	3 9:30 Extreme TABATA with Jennifer	4 9:00 Cindy 10:00 Janet	5 9:30 Extreme Boot Camp with Janet	6 9:00 Lallie 10:00 Edie	7
8	9 9:00 Jennifer 10:00 Janet	10 9:30 Extreme TABATA with Gayle	11 9:00 Lallie 10:00 Cindy	12 9:30 Extreme Boot Camp with Jennifer	13 9:00 Cindy 10:00 Janet	14
15	16 9:00 Jennifer 10:00 Cindy	17 9:30 Extreme TABATA with Jennifer	18 9:00 Cindy 10:00 Edie	19 9:30 Extreme Boot Camp with Jennifer	20 9:00 Lallie 10:00 Janet	21
22	23 9:00 Jennifer 10:00 Janet	24 9:30 Extreme TABATA with Jennifer	25 9:00 Janet 10:00 Edie	26 Happy Thanksgiving	27 9:00 Gayle 10:00 Janet	28
29	30 9:00 Jennifer 10:00 Cindy					