


2024

December

Aqua Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
02 7:15am Liquid Cardio Sandy 9:30am COMBO Sally	03 9:30am COMBO Shawna	04 7:15am Liquid Cardio Shirley 9:30am COMBO Debi	05 9:30am COMBO Kathy	06 7:15am Liquid Cardio Shirley 9:30am COMBO Debi	07 9:30am COMBO Shirley	08
09 7:15am Liquid Cardio Sandy 9:30am COMBO Sally	10 9:30am COMBO Shawna	11 7:15am Liquid Cardio Kathy 9:30am COMBO Debi	12 9:30am COMBO Shawna	13 7:15am Liquid Cardio Shirley 9:30am COMBO Debi	14 9:30am COMBO Shirley	15
16 7:15am Liquid Cardio Shirley 9:30am COMBO Sally	17 9:30am COMBO Shawna	18 7:15am Liquid Cardio Shirley 9:30am COMBO Debi	19 9:30am COMBO Shawna	20 7:15am Liquid Cardio Shirley 9:30am COMBO Debi	21 9:30am COMBO Shirley	22
23 7:15am Liquid Cardio Sandy 9:30am COMBO Sally	24 9:30am COMBO Debi	25 CLOSED 	26 9:30am COMBO Sally	27 7:15am Liquid Cardio Shirley 9:30am COMBO Debi	28 9:30am COMBO Shirley	29
30 7:15am Liquid Cardio Sandy 9:30am COMBO Debbie	31 9:30am COMBO Shawna					

