

2024

October

Aqua Fitness Schedule

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|-----------------------------------|---|-----------------------------------|---|-------------------------------|--------|
| 30 | 01 9:30am COMBO Shawna | 02 7:15am Liquid Cardio Shirley 9:30am COMBO Debi | 03 9:30am COMBO Shawna | 04 7:15am Liquid Cardio Shirley 9:30am COMBO Debi | 05 9:30am COMBO Shirley | 06 |
| 07 7:15am Liquid Cardio Sandy 9:30am COMBO Sally | 08 9:30am COMBO Shawna | 09 7:15am Liquid Cardio Shirley 9:30am COMBO Debi | 10 9:30am COMBO Shawna | 11 7:15am Liquid Cardio Shirley 9:30am COMBO Debi | 12 9:30am COMBO Shirley | 13 |
| 14 7:15am Liquid Cardio Sandy 9:30am COMBO Sally | 15 9:3am COMBO Nancy | 16 7:15am Liquid Cardio Debi 9:30am COMBO Debi | 17 9:30am COMBO Debi | 18 7:15am Liquid Cardio Molly 9:30am COMBO Debi | 19 9:30am COMBO Nancy | 20 |
| 21 7:15am Liquid Cardio Sandy 9:30am COMBO Sally | 22 9:30am COMBO Micki/Nancy | 23 7:15am Liquid Cardio Kathy 9:30am COMBO Sally | 24 9:30am COMBO Micki/Kathy | 25 7:15am Liquid Cardio Kathy 9:30am COMBO Sally | 26 9:30am COMBO Shirley | 27 |
| 28 7:15am Liquid Cardio Sandy 9:30am COMBO Sally | 29 9:30am COMBO Shawna | 30 7:15am Liquid Cardio Shirley 9:30am COMBO Debi | 31 9:30am COMBO Shawna | 01 | 02 | 03 |