

# AQUATIC FITNESS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				8:00-8:45am Aqua Fit Kyle		
9:15-10:00am Aqua Fit Laurissa	9:15-10:00am Aqua Fit Laurissa			9:15-10:00am Aqua Fit Kyle		
10:45-11:30am Aqua HIIT Laurissa	10:45-11:30am Aqua HIIT Laurissa		10:30 - 11:15am Aqua Fit Kyle	10:30am-11:15pm Aqua Fit Kyle		
					11:30am-12:15pm Aqua HIIT Laurissa	
12:15-1:00pm Aqua Fit Laurissa	12:15-1:00pm Aqua Fit Laurissa		12:00pm-12:45pm Aqua Fit Kyle			
					12:30-1:15pm Aqua HIIT Laurissa	
			1:15-2:00pm Aqua Fit Karley			
4:00-4:45pm Aqua HIIT Laurissa			4:00-4:45pm Aqua Fit Karley			
	5:45-6:30pm Aqua HIIT Laurissa					