

Monday	Tuesday	Wednesday		Thursday	Friday	Saturday
					6:30 am Total Tone 45 mins Leslee	
	8:00 am Gentle Aqua 45 mins Leslee				8:00 am Gentle Aqua 45 mins Deb/Brooke	8:10 am Pilates 45 mins Indi
9:00 am Senior Strength 45 mins Indi	9:00 am Aquafit 45 mins Leslee	9:00 am Aqua Deep 45 mins Leslee	9:00 am Senior Strength 45 mins Rylan		9:00 am Aquafit 45 mins Deb/Brooke	9:15am Aqua Bootcamp 45 mins Leslee
10:00 am Senior Strength & Balance 45 mins Rylan				10:00 am Senior Strength & Balance 45 mins Rylan		
	5:00 pm Strength 45 mins Indi		5:00pm Strength & Conditioning (You Go, I Go) 45 mins Rylan	5:00 pm Strength 45 mins Indi		
5:30 pm Aqua Tabata 45 mins Deb						
	6:00pm Hot Mat 45 mins Leslee					