



# *GROUP AQUATICS SCHEDULE*

## *RUSSELLVILLE ROAD*

*APRIL 2019*

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:20-9:20am		Aqua Kickboxing Rous	Aqua Tabata Reina	Zumba Gold Sintevia	Aqua Tabata Jennifer	Aqua Fit Rous	<u>Saturday Splash</u> Rous 6-Aqua-Kickboxing 13-Aqua-Tabata 20-Aqua-Fit 27-Aqua-Zumba
9:30-10:30am		Aqua-Strength & Stability Jennifer		<u>Aqua Strength</u> 3 – Rous 10 – Ana 27 – Rous 24 - Ana		Aqua-Strength & Stability Rous	
4:30-5:30pm			Aqua Kickboxing Rous	Aqua Tabata Rous	Aqua Kickboxing Rous	Aqua Tabata Jennifer	
5:30-6:30pm		Aqua Kickboxing Peggy	Aqua Zumba Rous		Aqua Zumba Rous		