



GROUP AQUATICS SCHEDULE

RUSSELLVILLE ROAD

JANUARY 2019

No classes on Tuesday, January 1st- Happy New Year!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:20-9:20am		Aqua Kickboxing Rous	Aqua Strength Rous	Zumba Gold Sintevia	Aqua Tabata Jennifer	Aqua Fit Rous	<u>Saturday Splash Rous</u> 5-Aqua-Kickboxing 12-Aqua-Tabata 19-Aqua-Fit 26-Aqua-Zumba
9:30-10:30am		Aqua-Strength & Stability Jennifer		Aqua-Strength & Stability Rous		Aqua-Strength & Stability Megan	
4:30-5:30pm		F.I.T. Reina		Aqua Zumba Sintevia	Aqua Kickboxing Rous	Aqua Tabata Jennifer	
5:30-6:30pm		Aqua Kickboxing Peggy	Aqua Zumba Sintevia	Aqua RIPPED Ana	Aqua Zumba Rous		