



GROUP AQUATICS SCHEDULE

RUSSELLVILLE ROAD

MARCH 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 2-Aqua-Kickboxing 9-Aqua-Tabata 16-Aqua-Fit 23-Aqua-Zumba 30-Aqua-Strength
9:30-10:30am		Aqua-Strength & Stability Jennifer		<u>Aqua Strength</u> 6 – Rous 13 – Ana 20 – Rous 27 - Ana		Aqua-Strength & Stability Rous	
4:30-5:30pm			Aqua Kickboxing Rous		Aqua Kickboxing Rous	Aqua Tabata Jennifer	
5:30-6:30pm		Aqua Kickboxing Peggy	Aqua Zumba Sintevia		Aqua Zumba Rous		