



GROUP AQUATICS SCHEDULE

RUSSELLVILLE ROAD

MAY 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> <u>Rous</u> 4-Aqua-FIT 11-Aqua-Zumba 18-Aqua-FIT 25-Aqua-Zumba
9:30-10:30am		Aqua-Strength & Stability Jennifer		<u>Aqua Strength</u> 1 – Rous 8 – Ana 15 – Rous 22 – Ana 29 – Rous		Aqua-Strength & Stability Rous	
4:30-5:30pm			Aqua Kickboxing Rous		Aqua Kickboxing Rous		
5:30-6:30pm		Aqua Kickboxing Peggy	Aqua Zumba Rous		Aqua Zumba Rous		

