



# Aqua Fitness Schedule

## December 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 7:15am LIQUID CARDIO Sandy 9:30am COMBO Debi	2 9:30am COMBO Kathy
3	4 7:15am LIQUID CARDIO Sandy 9:30am COMBO Sally	5 9:30am COMBO Shawna	6 7:15am LIQUID CARDIO Kathy 9:30am COMBO Sally	7 9:30am COMBO Shawna	8 7:15am LIQUID CARDIO Shirley 9:30am COMBO Debi	9 9:30am COMBO Shirley
10	11 7:15am LIQUID CARDIO Sandy 9:30am COMBO Sally	12 9:30am COMBO Shawna	13 7:15am LIQUID CARDIO Shirley 9:30am COMBO Sally	14 9:30am COMBO Debi	15 7:15am LIQUID CARDIO Shirley 9:30am COMBO Shawna	16 9:30am COMBO Shirley
17	18 7:15am LIQUID CARDIO Sandy 9:30am COMBO Sally	19 9:30am COMBO Shawna	20 7:15am LIQUID CARDIO Shirley 9:30am COMBO Sally	21 9:30am COMBO Shawna	22 7:15am LIQUID CARDIO Shirley 9:30am COMBO Debi	23 9:30am COMBO Shirley
24/31	25 MERRY CHRISTMAS 	26 9:30am COMBO Debi	27 7:15am LIQUID CARDIO Shirley 9:30am COMBO Sally	28 9:30am COMBO Kathy	29 7:15am LIQUID CARDIO Shirley 9:30am COMBO Debi	30 9:30am COMBO Shirley