



# Aqua Fitness Schedule

## January 2024



**\*\*As a courtesy to our customers, instructor names are published on the schedule, however, are subject to change & will not be updated on this schedule or website during the month.\*\***

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