WATER EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Jan. 18	**Jan. 19**	**Jan. 20**	**Jan. 21**	**Jan. 22**	
8:00 AM	AquaFusion - T	AquaTabata - J	AquaFusion - T	AquaTabata - J		
9:00 AM	Deep Ease - T		Deep Ease - T		Deep Ease - J	
10:00 AM	Power Waves - J		Power Waves - J		Power Waves - J	
11:00 AM	Deeply Fit - J		Deeply Fit - J		Deeply Fit - S	
12:00 PM	Smooth Moves - S		Smooth Moves - S		50's Friday - S	
	Jan. 25	**Jan. 26**	**Jan. 27**	**Jan. 28**	**Jan. 29**	
8:00 AM	AquaFusion - T	AquaTabata - J	AquaFusion - T	AquaTabata - J		
9:00 AM	Deep Ease - T		Deep Ease - T		Deep Ease - J	
10:00 AM	Power Waves - J		Power Waves - J		Power Waves - J	
11:00 AM	Deeply Fit - J		Deeply Fit - J		Deeply Fit - S	
12:00 PM	Smooth Moves - S		Smooth Moves - S		50's Friday - S	