

# SEPTEMBER

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## SL Aqua

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 8:30-H2otherapy- MM 9:30-Intense Cardio-MM 10:30-H2otherapy- JEN 10:30-Aqua Spin- MD 4:15-Intense Cardio- KB	2 8-Aqua Spin- DAN 8:30-H2otherapy- JEN 9-Liquid Cardio- MK 5:30-Ans & Buns- MM 6:30-Aqua Spin- MM	3 8:30-H2otherapy- MD 9:30-Intense Cardio-MD 10:30-H2otherapy- MD	4 8-Aqua Spin- MM 8:30-H2otherapy- MK 9-Liquid Cardio- MM 10-Yoga/Stretch- MM	5 9-Intense Cardio- LC
7 <b>HAPPY LABOR DAY!</b>	8 8:30-H2otherapy- MD 9:30-Intense Cardio- MM 10:30-H2otherapy- DAN 10:30-Aqua Spin- MM 4:15-Intense Cardio- KB	9 8-Aqua Spin- DAN 8:30-H2otherapy- JEN 9-Liquid Cardio- MK 5:30-Abs & Buns- MM 6:30-Aqua Spin- MM	10 8:30-H2otherapy- MK 9:30-Intense Cardio-MM 10:30-H2otherapy-MM	11 8-Aqua Spin- KB 8:30-H2otherapy- MD 9-Liquid Cardio- KB 10-Yoga/Stretch- MD	12 9-Intense Cardio- JEN
14 8-Aqua Spin- MD 8:30-H2otherapy-DAN 9-Liquid Cardio- MD 10-Circuits- DAN 5:30-Intense Cardio-MM 6:30-Aqua Spin- MM <b>7-Liquid Cardio- LC</b>	15 8:30-H2otherapy- MD 9:30-Intense Cardio-MD 10:30-H2otherapy- MK 10:30-Aqua Spin- MM 4:15-Intense Cardio-MM	16 8-Aqua Spin- DAN 8:30-H2otherapy- JEN 9-Liquid Cardio- MD 5:30-Abs & Buns-MM 6:30-Aqua Spin- MM	17 8:30H2otherapy- MM 9:30-Intense Cardio-MM 10:30-H2otherapy-MM	18 8-Aqua Spin- DAN 8:30-H2otherapy- MD 9-Liquid Cardio- MK 10-Yoga/Stretch- MD	19 9-Intense Cardio- JEN
21 8-Aqua Spin-MD 8:30-H2otherapy-DP 9-Liquid Cardio-MD 10-Pilates- MD 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM <b>7-Liquid Cardio- LC</b>	22 8:30-H2otherapy- DAN 9:30-Intense Cardio-MM 10:30-H2otherapy- MD 10:30-Aqua Spin- MM 4:15-Intense Cardio-MM	23 8-Aqua Spin- DAN 8:30-H2otherapy- JEN 9-Liquid Cardio- MK 5:30-Abs & Buns-MM 6:30-Aqua Spin- MM	24 8:30-H2otherapy- MD 9:30-Intense Cardio-MD 10:30-H2otherapy- MM	25 8-Aqua Spin- MM 8:30-H2otherapy- LC 9-Liquid Cardio- MM 10-Yoga/Stretch- MM	26 9-Intense Cardio- JEN
28 8-Aqua Spin-MD 8:30-H2otherapy-DP 9-Liquid Cardio-MD 10-Circuits- DAN 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM <b>7-Liquid Cardio- LC</b>	29 8:30-H2otherapy- MD 9:30-Intense Cardio- MM 10:30-H2otherapy- MK 10:30-Aqua Spin- MM 4:15-Intense Cardio-KB	30 8-Aqua Spin- DAN 8:30-H2otherapy- JEN 9-Liquid Cardio- MK 5:30-Abs & Buns-MM 6:30-Aqua Spin-MM			

-Water shoes highly recommended for classes

-Must have 6 people to sustain classes.