

# January SPIN SCHEDULE

	M	T	W	Th	F	Sat
5:00 AM	Rogerick		Rogerick		David	<b>8:15 AM</b> Instructor Rotation
8:45 AM	Angie		Kaitlyn		Angie	
12:00		<b>Circuit Spin</b> <b>30</b> Amy <b>*child watch</b> <b>open</b>		<b>Circuit Spin</b> <b>30</b> Cammie <b>*child watch</b> <b>open</b>		
4:30 PM	Owenne					
5:30 PM	Owenne	Owenne	Amy	Owenne		

# January AQUA SCHEDULE

	M	T	W	Th	F	Sat	Sun
6:00 AM	Aqua Fit Jennifer					<b>9:30 AM</b> Aqua Fit Instructor Rotation	<b>2:00 PM</b> Deep Water Running Jennifer
8:15 AM		Deep Water Running Rob		Deep Water Running Rob			
8:30 AM	Deep Water Amy						
9:15 AM		Deep Water Running Rob		Deep Water Running Rob			
9:30 AM	Aqua Fit Amy		Aqua Fit Julia		Deep Water Amy		
10:30 AM	Aqua Sculpt Julia	Aqua Fit Julia	Aqua Fit Julia		Arthrit ic Water Julia		
6:00 pm	Deep water Running Jennnifer			Deep water Running Jennnifer			

