

# July SPIN SCHEDULE

	M	T	W	Th	F	Sat
5:00 AM	Rogerick		Rogerick		David	<b>8:30 AM</b> Instructor Rotation
8:45 AM	Angie		Kaitlyn		Angie	
12:00						
4:30 PM	Owenne			Owenne		
5:30 PM	Lee		Lee			

# July AQUA SCHEDULE

	M	T	W	Th	F	Sat	Sun
						<b>9:30 AM</b> Aqua Rotation 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				Deep Water Amy		
10:30 AM					Arthritic Water Julia		
5:15 pm							
5:45 pm	Deep water Running Jennifer						