

November SPIN SCHEDULE

	M	T	W	Th	F	Sat
5:00 AM	Rogerick		Rogerick		David	8:15 AM Instructor Rotation
8:45 AM	Angie		Cammie		Angie	
4:30 PM	Owenne					
5:30 PM	Caley	Owenne	Amy			

November AQUA SCHEDULE

	M	T	W	Th	F	Sat	Sun
6:00 AM	Aqua Fit Jennifer					9:30 AM Aqua Fit Instructor Rotation	2:00 PM Deep Water Running Jennifer
8:15 AM		Deep Water Running Rob		Deep Water Running Rob			
8:30 AM	Deep Water Running Amy						
9:15 AM		Deep Water Running Rob		Deep Water Running Rob			
9:30 AM	Aqua Fit Julia		Aqua Fit Julia		Deep Water Running Amy		
10:30 AM	Aqua Sculpt Julia	Aqua Fit Julia	Aqua Fit Julia		Arthritic Water Julia		
5:30 PM		Aqua Zumba Saana					
6:00 PM	Deep Water Running Jennifer			Deep Water Running Jennifer			

