

WOMEN'S AQUATICS PROGRAM

January 2019

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Open Swim 7:00 AM	Open Swim 7:00 AM	Open Swim 7:00 AM	Open Swim 7:00 AM	Open Swim 7:00 AM	Open Swim 7:00 AM
Open Swim 8:00 AM	Open Swim 8:00 AM	Open Swim 8:00 AM	Open Swim 8:00 AM	Open Swim 8:00 AM	Open Swim 8:00 AM
Aqua Interval 9:00 AM Suman	Aqua Tabata 9:00 AM Anna	Open Class / 14 Jan Early Rise Aqua 8:00 AM Elena	Muscular Conditioning Workout 9:00 AM Suman	Water in Motion 9:00 AM Anna	Early Rise Aqua 8:00 AM Elena
Open Swim 9:00 AM	Open Swim 9:00 AM	Open Swim 9:00 AM	Open Swim 9:00 AM	Open Swim 9:00 AM	Open Swim 9:00 AM
Muscular Conditioning Workout 10:00 AM Elena	Swim Squad 9:00 AM Celina	Aqua Power 9:00 AM Maricel	Aqua Kickboxing 10:00 AM Elena	Swim Squad 9:00 AM Celina	Aqua Whole Body 9:00 AM Maricel
Open Swim 10:00 AM	Open Swim 10:00 AM	Open Swim 10:00 AM	Open Swim 10:00 AM	Open Swim 10:00 AM	Open Swim 10:00 AM
Open Swim 11:00 AM	Aqua Noodle Action 10:00 AM Celina	Open Swim 11:00 AM	Open Swim 11:00 AM	Aqua Gym 10:00 AM Celina	Open Swim 11:00 AM
Open Swim 12:00 PM	Open Swim 11:00 AM	Open Swim 12:00 PM	Open Swim 12:00 PM	Open Swim 11:00 AM	Open Swim 12:00 PM
Open Swim 1:00 PM	Open Swim 12:00 PM	Open Swim 1:00 PM	Open Swim 1:00 PM	Open Swim 12:00 PM	Open Swim 1:00 PM
Open Swim 2:00 PM	Open Swim 1:00 PM	Open Swim 2:00 PM	Open Swim 2:00 PM	Open Swim 1:00 PM	Open Swim 2:00 PM
Open Swim 3:00 PM	Open Swim 2:00 PM	Open Swim 3:00 PM	Open Swim 3:00 PM	Open Swim 2:00 PM	Open Swim 3:00 PM
Open Swim 4:00 PM	Open Swim 3:00 PM	Open Swim 4:00 PM	Open Swim 4:00 PM	Open Swim 3:00 PM	Open Swim 4:00 PM
Aqua Interval 5:00 PM Maricel	Open Swim 4:00 PM	Aqua Power 5:00 PM Celina	Muscular Conditioning Workout 5:00 PM Maricel	Open Swim 4:00 PM	Aqua Tabata 5:00 PM Anna
Open Swim 5:00 PM	Open Swim 5:00 PM	Open Swim 5:00 PM	Open Swim 5:00 PM	Open Swim 5:00 PM	Open Swim 5:00 PM
Stroke Development 5:00 PM Elena	Aqua Noodle Action 5:00 PM Elena	Aqua Games 6:00 PM Anna	Stroke Development 5:00 PM Celina	Water in Motion 5:00 PM Elena	Aqua Whole Body 6:00 PM Suman
Open Swim 6:00 PM	Swim Squad 5:00 PM Suman	Open Swim 6:00 PM	Open Swim 6:00 PM	Swim Squad 5:00 PM Suman	Open Swim 6:00 PM
Open Swim 7:00 PM	Open Swim 6:00 PM	Open Swim 7:00 PM	Open Swim 7:00 PM	Open Swim 6:00 PM	Open Swim 7:00 PM
	Aqua Tabata 6:00 PM Suman			Aqua Gym 6:00 PM Suman	
	Open Swim 7:00 PM			Open Swim 7:00 PM	