

WOMEN'S AQUATICS PROGRAM

Ramadan 2019

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
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 9:00 AM Maricel	Early Rise Aqua 9:00 AM Celina	Water in Motion 10:00 AM Suman	Aqua Tabata 9:00 AM Elena / Anna	Aqua Power 9:00 AM Celina	Early Rise Aqua 9:00 AM Suman
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 Suman	Open Swim 11:00 AM	Aqua Gym 10:00 AM Maricel	Open Swim 11:00 AM	Aqua Interval 10:00 AM Celina
Open Swim 12:00 PM	Open Swim 11:00 AM	Open Swim 12:00 PM	Open Swim 11:00 AM	Open Swim 12:00 PM	Open Swim 11:00 AM
Open Swim 1:00 PM	Open Swim 12:00 PM	Open Swim 1:00 PM	Open Swim 12:00 PM	Open Swim 1:00 PM	Open Swim 12:00 PM
Open Swim 2:00 PM	Open Swim 1:00 PM	Open Swim 2:00 PM	Open Swim 1:00 PM	Open Swim 2:00 PM	Open Swim 1:00 PM
Open Swim 3:00 PM	Open Swim 2:00 PM	Open Swim 3:00 PM	Open Swim 2:00 PM	Open Swim 3:00 PM	Open Swim 2:00 PM
Aqua Power 3:30 PM Maricel	Open Swim 3:00 PM	Aqua Tabata 3:30 PM Celina	Open Swim 3:00 PM	Aqua Interval 3:30 PM Elena / Anna	Open Swim 3:00 PM
Open Swim 4:00 PM	Aqua Noodle Action 3:30 PM Suman	Open Swim 4:00 PM	Aqua Gym 3:30 PM Maricel	Open Swim 4:00 PM	Muscular Conditioning Workout 3:30 PM Celina
Open Swim 7:30 PM	Open Swim 4:00 PM	Open Swim 7:30 PM	Open Swim 4:00 PM	Open Swim 7:30 PM	Open Swim 4:00 PM
Open Swim 8:00 PM	Open Swim 7:30 PM	Open Swim 8:00 PM	Open Swim 7:30 PM	Open Swim 8:00 PM	Open Swim 7:30 PM
Open Swim 9:00 PM	Open Swim 8:00 PM	Open Swim 9:00 PM	Open Swim 8:00 PM	Open Swim 9:00 PM	Open Swim 8:00 PM
Water in Motion 9:00 PM Celina	Aqua Tabata 9:00 PM Elena / Anna	Open Class / 13 May Aqua Power 9:00 PM Maricel	Aqua Interval 9:00 PM Celina	Muscular Conditioning Workout 9:00 PM Suman	Aqua Gym 9:00 PM Maricel
Open Swim 10:00 PM	Open Swim 9:00 PM	Open Swim 10:00 PM	Open Swim 9:00 PM	Open Swim 10:00 PM	Open Swim 9:00 PM
Open Swim 11:00 PM	Aqua Noodle Action 10:00 PM Maricel	Aqua Games 10:00 PM Elena / Anna	Open Swim 10:00 PM	Aqua Noodle Action 10:00 PM Maricel	Water in Motion 10:00 PM Elena / Anna
Open Swim 12:00 AM	Open Swim 10:00 PM	Open Swim 11:00 PM	Open Swim 11:00 PM	Open Swim 11:00 PM	Open Swim 10:00 PM
	Open Swim 11:00 PM	Open Swim 12:00 AM	Open Swim 12:00 AM	Open Swim 12:00 AM	Open Swim 11:00 PM
	Open Swim 12:00 AM				Open Swim 12:00 AM