

# WOMEN'S AQUATICS PROGRAM

After Eid until 30 June 2019

| SATURDAY                                    | SUNDAY  | MONDAY   | TUESDAY                                   | WEDNESDAY                                      | THURSDAY  |
|---|---|--|---|--|---|
| <b>Open Swim</b><br>7:00 AM until 8:00 PM   | <b>Open Swim</b><br>7:00 AM until 8:00 PM     | <b>Open Swim</b><br>7:00 AM until 8:00 PM                              | <b>Open Swim</b><br>7:00 AM until 8:00 PM | <b>Open Swim</b><br>7:00 AM until 8:00 PM      | <b>Open Swim</b><br>7:00 AM until 8:00 PM       |
| <b>Water in Motion</b><br>9:00 AM<br>Celina | <b>Aqua Tabata</b><br>9:00 AM<br>Suman        | <b>Early Rise Aqua</b><br>8:00 AM<br>Suman                             | <b>Aqua Gym</b><br>9:00 AM<br>Celina      | <b>Aqua Interval</b><br>9:00 AM<br>Suman       | <b>Early Rise Aqua</b><br>8:00 AM<br>Suman      |
| <b>Water in Motion</b><br>5:00 PM<br>Elena  | <b>Stroke Development</b><br>9:00 AM<br>Elena | <b>Aqua Power</b><br>9:00 AM<br>Maricel                                | <b>Aqua Gym</b><br>5:00 PM<br>Maricel     | <b>Stroke Development</b><br>9:00 AM<br>Elena  | <b>Aqua Noodle Action</b><br>9:00 AM<br>Maricel |
|   | <b>Aqua Whole Body</b><br>10:00 AM<br>Elena   | <b>Open Class / 17 Jun</b><br><b>3 / 15 Aqua</b><br>5:00 PM<br>Maricel |   | <b>3 / 15 Aqua</b><br>10:00 AM<br>Elena        | <b>Aqua Interval</b><br>5:00 PM<br>Elena        |
|   | <b>Aqua Tabata</b><br>5:00 PM<br>Celina       | <b>Aqua Power</b><br>6:00 PM<br>Elena                                  |   | <b>Aqua Noodle Action</b><br>5:00 PM<br>Celina | <b>Aqua Whole Body</b><br>6:00 PM<br>Celina     |
|   | <b>Stroke Development</b><br>5:00 PM<br>Suman |  |   | <b>Stroke Development</b><br>5:00 PM<br>Suman  |   |
|   | <b>Aqua Games</b><br>6:00 PM<br>Suman         |  |   | <b>3 / 15 Aqua</b><br>6:00 PM<br>Suman         |   |