

WOMEN'S AQUATICS PROGRAM

September 2019

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Open Swim 7:00 AM until 8:00 PM	Open Swim 7:00 AM until 8:00 PM	Open Swim 7:00 AM until 8:00 PM	Open Swim 7:00 AM until 8:00 PM	Open Swim 7:00 AM until 8:00 PM	Open Swim 7:00 AM until 8:00 PM
Water in Motion 9:00 AM Celina	Aqua Tabata 9:00 AM Suman	Early Rise Aqua 8:00 AM Suman	Aqua Gym 9:00 AM Celina	Aqua Noodle Action 9:00 AM Suman	Early Rise Aqua 8:00 AM Suman
Water in Motion 5:00 PM Elena	Stroke Development 9:00 AM Elena	Open Class / 02 Sep Aqua Power 9:00 AM Maricel	Aqua Gym 5:00 PM Maricel	Stroke Development 9:00 AM Elena	Aqua Interval 9:00 AM Maricel
	Aqua Whole Body 10:00 AM Elena	3 / 15 Aqua 5:00 PM Maricel		3 / 15 Aqua 10:00 AM Elena	Aqua Tabata 5:00 PM Elena
	Aqua Interval 5:00 PM Celina	Aqua Power 6:00 PM Elena		Aqua Noodle Action 5:00 PM Celina	Aqua Whole Body 6:00 PM Celina
	Stroke Development 5:00 PM Suman			Stroke Development 5:00 PM Suman	
	Aqua Games 6:00 PM Suman			3 / 15 Aqua 6:00 PM Suman	

Aspire Active Timetables are subject to change