

# November 2021

# Aqua

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9am Aqua Blast w/Victoria 11am Aqua Fit w/Vanessa	2 11am Aqua Blast w/ Victoria	3 9am Aqua Fit w/ Kat 1pm Aqua Blast w/ Victoria	4 9am Aqua Fit w/ Vanessa 11am Aqua Step w/ Victoria	5 11am H2O Interval w/ Kat	6 9am All Out Cardio Core w/ Pattie
7 9am Cardio/Core w/ Kat	8 9am Aqua Blast w/Victoria 11am Aqua Fit w/Vanessa	9 11am Aqua Blast w/ Victoria	10 9am Aqua Fit w/ Kat 1pm Aqua Blast w/ Victoria	11 9am Aqua Fit w/ Vanessa 11am Aqua Step w/ Victoria	12 11am H2O Interval w/ Kat	13 9am All Out Cardio Core w/ Pattie
14 9am Cardio/Core w/ Kat	15 9am Aqua Blast w/Victoria 11am Aqua Fit w/Vanessa	16 11am Aqua Blast w/ Victoria	17 9am Aqua Fit w/ Kat 1pm Aqua Blast w/ Victoria	18 9am Aqua Fit w/ Vanessa 11am Aqua Step w/ Victoria	19 11am H2O Interval w/ Kat	20 9am All Out Cardio Core w/ Pattie
21 9am Cardio/Core w/ Kat	22 9am Aqua Blast w/Victoria 11am Aqua Fit w/Vanessa	23 11am Aqua Blast w/ Victoria	24 9am Aqua Fit w/ Kat 1pm Aqua Blast w/ Victoria	25 <b>Happy Thanksgiving</b>	26 11am H2O Interval w/ Kat	27 9am All Out Cardio Core w/ Pattie
28 9am Cardio/Core w/ Kat	29 9am Aqua Blast w/Victoria 11am Aqua Fit w/Vanessa	30 11am Aqua Blast w/ Victoria				