

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	Dec 31	1	2	3	4	5
		11:00 AM Aqua Fit 2:00 PM Hatha Yoga 3:00 PM Aqua Tone	11:00 AM Aqua Fit 2:00 PM Hatha Yoga 3:00 PM Aqua Tone	11:00 AM Aqua Fit 2:00 PM Gentle Yoga 3:00 PM Aqua Tone	11:00 AM Aqua Zumba 2:00 PM Yin Yoga	11:00 AM Aqua Fit 1:00 PM QiGong with Healing Sounds 2:00 PM Hatha Yoga
6	7	8	9	10	11	12
11:00 AM Aqua Fit 1:00 PM Tai Chi/QiGong 2:00 PM Kundalini Yoga with Gong Meditation	11:00 AM Aqua Fit 2:00 PM Hatha Yoga 3:00 PM Aqua Tone	11:00 AM Aqua Fit 2:00 PM Hatha Yoga 3:00 PM Aqua Tone	11:00 AM Aqua Fit 2:00 PM Hatha Yoga 3:00 PM Aqua Tone	11:00 AM Aqua Fit 2:00 PM Gentle Yoga 3:00 PM Aqua Tone	11:00 AM Aqua Zumba 2:00 PM Yin Yoga	11:00 AM Aqua Fit 1:00 PM QiGong with Healing Sounds 2:00 PM Hatha Yoga
13	14	15	16	17	18	19
11:00 AM Aqua Fit 1:00 PM Tai Chi/QiGong 2:00 PM Kundalini Yoga with Gong Meditation	11:00 AM Aqua Fit 2:00 PM Hatha Yoga 3:00 PM Aqua Tone	11:00 AM Aqua Fit 2:00 PM Hatha Yoga 3:00 PM Aqua Tone	11:00 AM Aqua Fit 2:00 PM Hatha Yoga 3:00 PM Aqua Tone	11:00 AM Aqua Fit 2:00 PM Gentle Yoga 3:00 PM Aqua Tone	11:00 AM Aqua Zumba 2:00 PM Yin Yoga	11:00 AM Aqua Fit 1:00 PM QiGong with Healing Sounds 2:00 PM Hatha Yoga
20	21	22	23	24	25	26
11:00 AM Aqua Fit 1:00 PM Tai Chi/QiGong 2:00 PM Kundalini Yoga with Gong Meditation	11:00 AM Aqua Fit 2:00 PM Hatha Yoga 3:00 PM Aqua Tone	11:00 AM Aqua Fit 2:00 PM Hatha Yoga 3:00 PM Aqua Tone	11:00 AM Aqua Fit 2:00 PM Hatha Yoga 3:00 PM Aqua Tone	11:00 AM Aqua Fit 2:00 PM Gentle Yoga 3:00 PM Aqua Tone	11:00 AM Aqua Zumba 2:00 PM Yin Yoga	11:00 AM Aqua Fit 1:00 PM QiGong with Healing Sounds 2:00 PM Hatha Yoga
27	28	29	30	31	Feb 1	2
11:00 AM Aqua Fit 1:00 PM Tai Chi/QiGong 2:00 PM Kundalini Yoga with Gong Meditation	11:00 AM Aqua Fit 2:00 PM Hatha Yoga 3:00 PM Aqua Tone	11:00 AM Aqua Fit 2:00 PM Hatha Yoga 3:00 PM Aqua Tone	11:00 AM Aqua Fit 2:00 PM Hatha Yoga 3:00 PM Aqua Tone	11:00 AM Aqua Fit 2:00 PM Gentle Yoga 3:00 PM Aqua Tone		
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