

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:00 AM Aqua Fit 12:00 PM Bathing Coach at Hot & Cold Pools 12:00 PM Bathing Coach at Hot/Cold Pool 12:00 PM Mat Pilates 1:00 PM Meditation 2:00 PM Yoga 3:00 PM Swim and Trim	2 12:00 PM Mindfulness 1:00 PM Meditation 2:00 PM Yoga	3 11:00 AM Aqua Fit 12:00 PM Bathing Coach at Hot & Cold Pools 12:00 PM Qigong/Healing Sounds 1:00 PM Meditation 2:00 PM Yoga 3:00 PM Aqua Yoga	4 11:00 AM Aqua Fit 12:00 PM Bathing Coach at Hot & Cold Pools 12:00 PM Tai Chi/Qigong 1:00 PM Meditation 2:00 PM Yoga 3:00 PM Aqua Sculpt	5 11:00 AM Aqua Fit 12:00 PM Bathing Coach at Hot & Cold Pools 12:00 PM Tai Chi/Qigong 1:00 PM Meditation 2:00 PM Yoga 3:00 PM Aqua Yoga	6 11:00 AM Aqua Fit 12:00 PM Bathing Coach at Hot & Cold Pools 12:00 PM Tai Chi/Qigong 1:00 PM Meditation 2:00 PM Yoga 3:00 PM Aqua Dance	7 11:00 AM Aqua Fit 12:00 PM Bathing Coach at Hot & Cold Pools 12:00 PM Qigong/Healing Sounds 1:00 PM Meditation 2:00 PM Yoga 3:00 PM Aqua Yoga
8 11:00 AM Aqua Fit 12:00 PM Bathing Coach at Hot & Cold Pools 12:00 PM Mat Pilates 1:00 PM Meditation 2:00 PM Yoga 3:00 PM Swim and Trim	9 12:00 PM Mindfulness 1:00 PM Meditation 2:00 PM Yoga	10 11:00 AM Aqua Fit 12:00 PM Bathing Coach at Hot & Cold Pools 12:00 PM Qigong/Healing Sounds 1:00 PM Meditation 2:00 PM Yoga 3:00 PM Aqua Yoga	11 11:00 AM Aqua Fit 12:00 PM Bathing Coach at Hot & Cold Pools 12:00 PM Tai Chi/Qigong 1:00 PM Meditation 2:00 PM Yoga 3:00 PM Aqua Sculpt	12 11:00 AM Aqua Fit 12:00 PM Bathing Coach at Hot & Cold Pools 12:00 PM Tai Chi/Qigong 1:00 PM Meditation 2:00 PM Yoga 3:00 PM Aqua Yoga	13 11:00 AM Aqua Fit 12:00 PM Bathing Coach at Hot & Cold Pools 12:00 PM Tai Chi/Qigong 1:00 PM Meditation 2:00 PM Yoga 3:00 PM Aqua Dance	14 11:00 AM Aqua Fit 12:00 PM Bathing Coach at Hot & Cold Pools 12:00 PM Qigong/Healing Sounds 1:00 PM Meditation 2:00 PM Yoga 3:00 PM Aqua Yoga
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