

Club Bethesda

Monday	Tuesday	Wednesday	Thursday	Friday
				
			Balance Basics 9:00-9:30	
PWR! 9:15-9:45				
Water Aerobics 10:00-10:45	Water Aerobics 10:00-10:45	Aqua Cycling 10:00-10:45	Water Aerobics 10:00-10:45	Water Aerobics 10:00-10:45
				
Senior Fit 2:00-2:45		Senior Fit 2:00-2:45		Senior Fit 2:00-2:45
				
Water Aerobics 5:15-6:15		Aqua Mix 5:15-6:00	Water Aerobics 4:30 - 5:30	
	Cycle Express 4:45-5:15		Butts N' Guts 5:15-5:45	

26-Mar

APRIL