





January



Monday	Tuesday	Wednesday	Thursday	Friday
				
PWR! 9:15 - 9:45		Balance Basics 9:00 - 9:30		
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
				
	Aqua Cycle 4:45 - 5:30	Water Works 4:30 - 5:15	Aqua Noodle 4:30 - 5:15	
Aqua Mix 5:15 - 6:00	Cardio Plus 5:30 - 6:00		Butts N' Gutts 5:30 - 6:00	



Club Bethesda