



# November



Monday	Tuesday	Wednesday	Thursday	Friday
				
<b>PWR!</b> 9:15 - 9:45		<b>Balance Basics</b> 9:00 - 9:30		
<b>Water Aerobics</b> 10:00 - 10:45	<b>Water Aerobics</b> 10:00 - 10:45	<b>Aqua Cycling</b> 10:00 - 10:45	<b>Water Aerobics</b> 10:00 - 10:45	<b>Water Aerobics</b> 10:00 - 10:45
				
<b>Senior Fit</b> 2:00 - 2:45		<b>Senior Fit</b> 2:00 - 2:45		<b>Senior Fit</b> 2:00 - 2:45
				
	<b>Aqua Noodle</b> 4:45 - 5:30	<b>Water Works</b> 4:45 - 5:15	<b>Water Aerobics</b> 4:30 - 5:15	
<b>Aqua Mix</b> 5:00 - 5:45	<b>Cardio Plus</b> 5:30 - 6:00		<b>Butts N' Gutts</b> 5:30 - 6:00	



**Club Bethesda**