

CentraState AQUA Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
9:00 - 10:00** CALIENTE CARDIO Barbie	9:00-10:00 AQUA SCULPT DIANE	9:15 - 10:15** AQUA BOOT CAMP DIANE	9:00-10:00 AQUA SCULPT KAREN	9:00 - 10:00** H2O BLAST LORI E.	8:00-9:00 AQUA SCULPT WENDY K.	8:00 - 10:00 ** Swim Team pre-registration
10:00 - 11:00 AQUA SCULPT PATRICIA	10:00 - 11:00** COOL CARDIO COND. DIANE	10:15- 11:15 AQUA SCULPT DIANE	10:00 - 11:00** H2O BLAST BARBIE	10:00 - 11:00 AQUA SCULPT LORI E.	9:00-10:00** AQUA BOOT CAMP SHARI	9:00-10:00 AQUA SCULPT SHARI
11:00-12:00 MIND BODY AQUA PATRICIA	<i>Parent 'n Me</i> 10:00-10:30 PRE-REGISTRATION			11:00 - 11:45 MIND/BODY LORI E.	9:30-10:00 <i>Parent 'n Me</i> pre-registration	10:00-11:00 ** H2O BLAST LISA
11:00- 12:00 ** MASTER SWIM pre-registration	11:00-11:45 ARTHRITIS AQUA WENDY				3:00-5:00 <i>Family Swim</i>	11:00 - 12:00 <i>Competitive Stoke</i> pre-registration
	12:00 - 1:00 <i>Rehab Therapy</i> pre-registration					3:00-5:00 <i>Family Swim</i>
6:30-7:30 AQUA SCULPT VICKI		6:00-7:00 AQUA SCULPT VICKI	6:00-7:00 AQUA SCULPT WENDY			
7:00-8:00** <i>Competitive stroke</i> pre-registration	6:00-7:00 AQUA SCULPT SHARI	6:00-7:00** <i>Competitive Stroke</i>		5:30 - 6:30 <i>Rehab Therapy</i> pre-registration		
	6:30-7:15 pre-registration MS Trial	7:00-8:30 <i>Member Volleyball</i>	6:00 - 8:00 ** <i>Swim Team</i> pre-registration	6:00 - 8:00 ** <i>Swim Team</i> pre-registration		
	6:00 - 8:00 ** <i>Swim Team</i> pre-registration	7:30-8:30** <i>Master Swim*</i>				

*** Denotes Lap Pool