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Water Aerobics Schedule September 2010

Mon	Tue	Wed	Thu	Fri
		1 Water Wake Up, 6-6:45, Ron Hi/Low Water interval 8-8:45, Ron Water Walk, 8:30am-9:15am, Ester Ocean Motion, 8:45am-9:30am, Sharon Step, 9:30am-10:15am-Sharon	2 Water Wake Up, 6:-6:45 , Ron Hi/Low Water Interval, 8:30-9:15, Ron Cardio Split, 9:30am-10:15am, Ron Water Walk, 7pm-8pm, Suzi	3 Water Wake Up, 6-6:45, Ron Hi/Low Water interval 8-8:45, Ron Water Walk, 8:30am-9:15am, Ester Ocean Motion, 8:30am-9:15am, Sharon Aqua Step 9:15am-10am, Sharon
6 Water Wake Up, 6-6:45, Ron Water Walk, 8:30am-9:15am, Ester Ocean Motion, 8:45am-9:30am, Sharon Aqua Step 9:30am-10:15am, Sharon Prenatal Water Aerobics, 6-7pm.	7 Water Wake Up, 6:-6:45 , Ron Hi/Low Water Interval, 8:30-9:15, Ron Cardio Split, 9:30am-10:15am, Ron Water Walk, 7pm-8pm, Suzi	8 Water Wake Up, 6-6:45, Ron Hi/Low Water interval 8-8:45, Ron Water Walk, 8:30am-9:15am, Ester Ocean Motion, 8:45am-9:30am, Sharon Step, 9:30am-10:15am-Sharon	9 Water Wake Up, 6:-6:45 , Ron Hi/Low Water Interval, 8:30-9:15, Ron Cardio Split, 9:30am-10:15am, Ron Water Walk, 7pm-8pm, Suzi	10 Water Wake Up, 6-6:45, Ron Hi/Low Water interval 8-8:45, Ron Water Walk, 8:30am-9:15am, Ester Ocean Motion, 8:30am-9:15am, Sharon Aqua Step 9:15am-10am, Sharon
13 Water Wake Up, 6-6:45, Ron Water Walk, 8:30am-9:15am, Ester Ocean Motion, 8:45am-9:30am, Sharon Aqua Step 9:30am-10:15am, Sharon Prenatal Water Aerobics, 6-7pm.	14 Water Wake Up, 6:-6:45 , Ron Hi/Low Water Interval, 8:30-9:15, Ron Cardio Split, 9:30am-10:15am, Ron Water Walk, 7pm-8pm, Suzi	15 Water Wake Up, 6-6:45, Ron Hi/Low Water interval 8-8:45, Ron Water Walk, 8:30am-9:15am, Ester Ocean Motion, 8:45am-9:30am, Sharon Step, 9:30am-10:15am-Sharon	16 Water Wake Up, 6:-6:45 , Ron Hi/Low Water Interval, 8:30-9:15, Ron Cardio Split, 9:30am-10:15am, Ron Water Walk, 7pm-8pm, Suzi	17 Water Wake Up, 6-6:45, Ron Hi/Low Water interval 8-8:45, Ron Water Walk, 8:30am-9:15am, Ester Ocean Motion, 8:30am-9:15am, Sharon Aqua Step 9:15am-10am, Sharon
20 Water Wake Up, 6-6:45, Ron Water Walk, 8:30am-9:15am, Ester Ocean Motion, 8:45am-9:30am, Sharon Aqua Step 9:30am-10:15am, Sharon Prenatal Water Aerobics, 6-7pm.	21 Water Wake Up, 6:-6:45 , Ron Hi/Low Water Interval, 8:30-9:15, Ron Cardio Split, 9:30am-10:15am, Ron Water Walk, 7pm-8pm, Suzi	22 Water Wake Up, 6-6:45, Ron Hi/Low Water interval 8-8:45, Ron Water Walk, 8:30am-9:15am, Ester Ocean Motion, 8:45am-9:30am, Sharon Step, 9:30am-10:15am-Sharon	23 Water Wake Up, 6:-6:45 , Ron Hi/Low Water Interval, 8:30-9:15, Ron Cardio Split, 9:30am-10:15am, Ron Water Walk, 7pm-8pm, Suzi	24 Water Wake Up, 6-6:45, Ron Hi/Low Water interval 8-8:45, Ron Water Walk, 8:30am-9:15am, Ester Ocean Motion, 8:30am-9:15am, Sharon Aqua Step 9:15am-10am, Sharon
27 Water Wake Up, 6-6:45, Ron Water Walk, 8:30am-9:15am, Ester Ocean Motion, 8:45am-9:30am, Sharon Aqua Step 9:30am-10:15am, Sharon Prenatal Water Aerobics, 6-7pm.	28 Water Wake Up, 6:-6:45 , Ron Hi/Low Water Interval, 8:30-9:15, Ron Cardio Split, 9:30am-10:15am, Ron Water Walk, 7pm-8pm, Suzi	29 Water Wake Up, 6-6:45, Ron Hi/Low Water interval 8-8:45, Ron Water Walk, 8:30am-9:15am, Ester Ocean Motion, 8:45am-9:30am, Sharon Step, 9:30am-10:15am-Sharon	30 Water Wake Up, 6:-6:45 , Ron Hi/Low Water Interval, 8:30-9:15, Ron Cardio Split, 9:30am-10:15am, Ron Water Walk, 7pm-8pm, Suzi	