

Aqua Fit

Day	AM/PM	Start	Finish	Duration	Coach
Monday	PM	4:30	5:30	1:00	Travis Hudson
Tuesday	PM	3:30	4:30	1:00	Travis Hudson
Wednesday	PM	5:00	6:00	1:00	Travis Hudson
Thursday	PM	3:30	4:30	1:00	Travis Hudson
Saturday	AM	9:00	10:00	1:00	Travis Hudson

Senior/Adult Fit

Day	AM/PM	Start	Finish	Duration	Coach
Monday	No session				
Tuesday	AM	6:00	7:30	1:30	Riccardo Pini
Wednesday	AM	6:00	7:30	1:30	Riccardo Pini
Thursday	AM	6:00	7:30	1:30	Riccardo Pini
Friday	AM	6:00	7:30	1:30	Riccardo Pini