

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
Friday	PM	No session			
Saturday	AM	No session			

Senior/Adult Fit

Day	AM/PM	Start	Finish	Duration	Coach
Monday	AM	6:00	7:30	1:30	Riccardo Pini
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