

WATER EXERCISE SCHEDULE

May 26th - June 1st, 2008

Monday 5/26	Tuesday 5/27	Wednesday 5/28	Thursday 05/29	Friday 05/30	Saturday 05/31	Sunday 06/01
6:00 AM SHILA WAKE UP		6:00 AM LYNN WAKE UP		6:00AM LYNN WAKE UP		
					8:30 AM SHILA POWER HOUR	
9:30 AM SHILA GENTLE AQUA	9:30 LYNN AQUA FIT	9:30 AM LYNN GENTLE AQUA	9:30 AM PEGGY WET SWEAT	9:30 AM LYNN GENTLE AQUA		
12:00 PM LEANNE POWER HOUR				12:00 PM LYNN POWER HOUR		
OAK BRANCH OPEN 5AM-4PM GREEN VALLEY CLOSED	2:00 PM BLAIR AQUA POST - REHAB		2:00 PM BLAIR AQUA POST - REHAB			
	6:00 PM MARIA DEEP WATER 7:15 WATER VOLLEYBALL		6:00 PM RITA DEEP WATER			

