

timetable

time	monday	tuesday	wednesday	thursday	friday	saturday
7:00am			yoga			yoga
8:00am	deep water aqua	deep water aqua	deep water aqua	deep water aqua	deep water aqua	
9:15am	tone & shape	shallow water aqua	deep water running aerobic fatburner	shallow water aqua	tone & shape	full body fitness
10:15am	deep water aqua	fitball workout	deep water aqua tone & shape	aerobic fatburner	deep water aqua	fitball / core
4:15pm	core muscles					
5:30pm	deep water aqua					
6:30pm				deep water aqua	Yoga 6:15pm	