

OCTOBER

RUSSELLVILLE ROAD GROUP AQUATICS

2024



		MON	TUE	WED	THU	FRI	SAT
8:30-9:30 AM	Aqua Tabata -Susie			Aqua Cardio -Chandler		Aqua Bootcamp + Strength -Megan Chandler(10/4)	<u>Saturday Splash</u> Aqua Tabata w/ Susie (10/5) Aqua Bootcamp w/ Peggy (10/12) Aqua Strength & Stability w/ Carrie (10/19) Aqua Bootcamp + Strength w/ Megan (10/26)
9:30-10:30 AM	Aqua Strength & Stability -Megan			Aqua Strength & Stability -Megan		Aqua Strength & Stability -Carrie	
5:30-6:30 PM	Aqua Bootcamp -Peggy			Aqua Tabata -Carrie		Aqua Dance -Carrie	