

MAY

RUSSELLVILLE ROAD GROUP AQUATICS

2024



		MON	TUE	WED	THU	FRI	SAT
8:30-9:30 AM	Aqua Cardio -Chandler			Aqua Bootcamp + Strength Megan 5/1 Carrie-5/8 Chandler 5/15 *No class 5/22 Carrie 5/29		Aqua Tabata -Chandler *No class 5/31	Saturday Splash Aqua Dance w/Carrie 5/4 Aqua Tabata w/Peggy 5/11 Aqua Cardio w/ Chandler 5/18 Aqua Strength & Stability w/Carrie 5/25
9:30-10:30 AM	Aqua Strength & Stability -Carrie *No class 5/13 Chandler 5/20			Aqua Strength & Stability -Carrie Chandler 5/15 *No class 5/22		Aqua Strength & Stability -Amy Chandler 5/24	
5:30-6:30 PM	Aqua Bootcamp -Peggy	Aqua Tabata -Carrie *(5/7&5/28) -Chandler (5/14) *No class 5/21	Aqua Cardio + Strength -Carrie (5/1 & 5/8) -Peggy (5/15,5/22,5/29)	Aqua Dance -Carrie *(5/2 & 5/30) Aqua Kickboxing -Peggy *(5/9,5/16,5/23)			