TAC FITNESS SCHEDULE



JANUARY

CARDIO FIT SS CLASSIC AMY 10:00AM AQUA FIT SS SPLASH LAURA 11:00AM SENIOR YOGA SS YOGA AMY 10:00AM GOLDEN BALANCE JANET 10:00AM SENIOR YOGA AMY 10:00AM SENIOR YOGA AMY 10:00AM 11:00AM 11:00AM SENIOR YOGA SS YOGA AMY 11:40AM AQUA FIT AMY 11:40AM AQUA FIT AMY 11:40AM AQUA FIT AQUA AQUA AQUA AQUA AQUA AQUA AQUA AQU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AQUA FIT SS SPLASH AMY 10:00AM CARDIO FIT SS CLASSIC AMY 10:00AM CARDIO FIT SS CLASSIC AMY 10:00AM AQUA FIT SS SPLASH LAURA 10:00AM AQUA FIT SS SPLASH LAURA 11:00AM AQUA FIT SS SPLASH LAURA 11:00AM SENIOR YOGA SS YOGA AMY 11:40AM AQUA FIT AQUA AQUA AQUA PILATES\YOGA FLESION AMY PILATES\YOGA FLESION AMY PILATES\YOGA FLESION AMY 10:00AM AQUA FIT AMY 10:00AM AQUA FIT AMY AQUA AMY 10:00AM AQUA FIT AMY 10:00AM AQUA FIT AMY AQUA AMY 10:00AM AQUA FIT AMY AQUA AQUA AQUA AQUA AQUA AQUA AQUA AQU	HAPPY	NEW YEAR			
CARDIO FIT SS CLASSIC AMY 10:00AM SENIOR YOGA AMY 11:20PM AQUA FIT AMY 10:00AM 11:40AM AQUA FIT AQUA SS SPLASH AQUA SS SPLASH AQUA SS SPLASH AQUA AQUA SS SPLASH AQUA AQUA AQUA AQUA AQUA AQUA AQUA AQ	AQUA FIT SS SPLASH	DANCE AND TONE	AQUA FIT SS SPLASH	DANCE AND TONE	AQUA FIT SS SPLASH
AQUA FIT SS SPLASH LAURA 11:00AM SENIOR YOGA SS YOGA AMY 12:20PM AQUA FIT AQUA SS SPLASH AQUA SS SPLASH AQUA PILATES\YOGA FUSION AQUA FIT AQUA SS SPLASH AQUA AQUA FIT AQUA AQUA PILATES\YOGA FUSION AQUA AQUA AQUA AQUA AQUA AQUA AQUA AQ	CARDIO FIT SS CLASSIC	CARDIO DRUMMING STRENGTH	CARDIO FIT SS CLASSIC	CARDIO DRUMMING	
SENIOR YOGA SS YOGA AMY 11:15AM GOLDEN BALANCE JANET STEF 12:20PM AQUA FIT AQUA SS SPLASH PILATES\YOGA FUSION SENIOR YOGA KICKBOXING SENIOR YOGA COMBO SS YOGA LAURA AMY 12:40AM AQUA PILATES\YOGA FUSION		AQUA FIT SS SPLASH		AQUA FIT SS SPLASH	
AQUA FIT AQUA SS SPLASH PILATES\YOGA FUSION PILATES\YOGA FL	SENIOR YOGA SS YOGA	GOLDEN BALANCE	SENIOR YOGA SS YOGA	KICKBOXING COMBO	
	AQUA FIT SS SPLASH	AQUA PILATES\YOGA FUSION			PILATES\YOGA FUSION
12:40PM AQUA FIT SS SPLASH MICHELE MICHELE AMY MICHELE 12:40PM AQUA FIT SS SPLASH MICHELE LAURA STEF	ANAV	AQUA FIT SS SPLASH MICHELE	IANET		SS SPLASH MICHELE