

RWJ Hamilton AQUA Schedule (November 2017)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
9:00 - 10:00 Physical Therapy	8:00 - 9:00 Aqua Kinetics-SGT		9:00 - 10:00 Physical Therapy	7:00-8:00*** Aqua Kinetics SGT	7:30-8:30*** Aqua Kinetics SGT	
9:00 - 10:00*** Aqua Fit Christina	9:00 - 10:00 Physical Therapy	9:00 - 10:00*** Cardio Cross Liz	9:00 - 9:45*** Aqua Zumba Cheryl	9:00 - 10:00*** Cardio Conditioning Danielle	9:00 - 10:00*** Cardio Conditioning Karen	
10:00 - 10:45 Aqua Sculpt Mark	9:30-10:30 *** Cardio Conditioning Danielle	10:00 - 11:00 Aqua Sculpt Karen	10:00 - 11:00 Aqua Sculpt Katrine	10:00-11:00 Aqua Sculpt Mark	10:00 - 11:00 Aqua Sculpt Karen	9:30-10:30*** Group Swim Lessons
10:45-11:30 Aqua Sculpt Mark	11:00 - 12:00 Aqua Sculpt Katrine	11:00 - 11:45*** Aqua Zumba Jackie	1:00-2:00*** Aqua Kinetics SGT	10:30-11:30*** Aqua Kinetics SGT	10:00-11:00*** Swim Team Practice	10:00 - 11:15 Aqua Sculpt Amy/Linda
11:30-12:30 Aqua Yoga Marzena	12:00 - 1:00 Aqua Arthritis Katrine	1:00-2:00 Physical Therapy	12:00-1:00 Aqua Arthritis Addie			
1:00 - 2:00 Physical Therapy	4:45-6:15pm Group Swim Lessons	2:00 - 3:00 Physical Therapy	1:00 - 2:00 Ai Chi/ ADDIE	1:00 - 2:00 Physical Therapy	11:00 - 12:00*** Junior Hammerheads	11:00-11:40 Group Swim Lessons
2:00 - 3:00 Physical Therapy	4:30-5:30*** Aqua Kinetics-SGT	4:30-6:30 Group Swim	4:45-6:15pm Group Swim	2:00 - 3:00 Physical Therapy	11:00-12:00 Parent & Me Swim	11:45-12:30 Group Swim
5:00-6:30pm Group Swim Lessons			5:30-6:30*** Junior Hammerheads			
5:30-6:30*** Junior Hammerheads	5:30-6:30*** Junior Hammerheads	7:00 - 8:00 Aqua Sculpt Linda B	6:30-7:30*** Swim Team Practice			
6:30 - 7:30*** Swim Team	6:30-7:30*** Swim Team Practice	7:15 - 8:15 *** Aqua Kinetics SGT	7:00-8:00 Aqua Fit Mark			
7:30 - 9:00*** HS PREP	7:30 - 9:00*** HS PREP		7:30 - 9:00*** HS PREP			

*** Denotes Lap Pool