

Z E N E R G Y
HEALTH CLUB • SPA • BOUTIQUE

Group Aquatics / December 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-9:00am	Masters Swim (Ed)	Masters Swim (Ed)	Masters Swim (Ed)	Masters Swim (Ed)	Masters Swim (Ed)		
10:00-10:45am						Hydrofit (Jen)	
11:00-11:45am	Hydrofit (Margie)	Hydrofit (Suzanne)	Hydrofit (Margie)	Blade Runner/Hydro fit (Suzanne)	Hydrofit (Jen)		
12:00-1:00pm	Masters Swim (Ed)		Masters Swim (Ed)		Masters Swim (Ed)		
5:00-5:55pm		Masters Swim (Michael)		Masters Swim (Michael)			