



Marrero - Aquacise Fitness Class Schedule - January 2014

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
MARRERO - WEST JEFFERSON FITNESS CENTER	INDOOR POOL	Free Swim	Free Swim	Free Swim	Free Swim	Free Swim	Free Swim	
		5am to 6am, 7am to 8am, 9am to 10am, 11am to 5:30pm & 6:30pm to 9pm	5am to 6am, 7am to 8am, 9am to 10am, 11am to 6pm & 7pm to 9pm	5am to 6am, 7am to 8am, 9am to 10am, 11am to 5:30pm & 7:30pm to 9pm	5am to 6am, 7am to 8am, 9am to 10am, 11am to 6pm & 7pm to 9pm	5am to 6am, 7am to 8am, 9am to 10am, 11am to 5:30pm & 6:30pm to 8pm	7am - 8am / 9am - 5pm	
		Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise
		6am (I) - Janelle	6am (B) - Gina	6am (I) - Janelle	6am (B) - Gina	6am (I) - Janelle	8am (B/I/A) - Janelle	
		8am (I) - Gina	8am (I) - Gina	8am (I) - Gina	8am (I) - Gina	8am (I) - Gina		
		10:15am (B) - Gina	10:15am (B) - Gina	10:15am (B) - Gina	10:15am (B) - Gina	10:15am (B) - Gina	Sunday	
		5:30pm (I/A) - Celeste	6:00pm (I) - Janelle	5:30pm (I/A) - Celeste	6:00pm (I) - Janelle	5:30pm (I/A) - Celeste	Free Swim	
				 6:30pm - Tim			8am - 4pm	
			B-Beginners	I-Intermediate	A-Advanced	*I/A-classes are not recommended for Beginner's	11/24/2014	