

# Our Club Aquatics September 2010 Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 7:00 MARGE CR 8:15 CHERYL CR 9:30 CHRISTINA CR 10:45 MARY J 4:00 RENEE C 5:00 CHILATTES	2 7:00 MARGE CR 8:00 MARY ABS 8:30 MARY -CR 1:00 ANNAMA CR 6:00 RENEE C	3 7:00 MARGE CR 8:15 CHERYL CR 9:30 GIGI CR 10:45 GIGI J	4 8:00 STEP 9:00 20/20/20 Weight training, abs & yoga GIGI BOTH CLASSES
5  11:30  JOHNETTE - C	6 7:00 MARGE CR 8:15 JOHNETTE CR 9:30 JOHNETT CR 10:45 ANNAMARI J 11:45 ANNAMAIR A 4:00 RENEE C	7 7:00 MARGE CR 8:00 CHRISTINA AB 8:30 CHRISTINA CR 1:00 ANNAMARI CR 6:00 RENEE C	8 7:00 MARGE CR 8:15 CHRISTINA CR 9:30 CHRISTINA CR 10:45 MARY J 4:00 RENEE C 5:00 CHILATTES	9 7:00 MARGE CR 8:00 MARY ABS 8:30 MARY -CR 1:00 ANNAMA CR 6:00 RENEE C	10 7:00 MARGE CR 8:15 GIGI CR 9:30 GIGI CR 10:45 GIGI J	11 8:00 STEP 9:00 20/20/20 Weight training, abs & yoga  BOTH CLASSES
12  11:30  JOHNETTE - C	13 7:00 MARGE CR 8:15 JOHNETTE CR 9:30 JOHNETT CR 10:45 ANNAMARI J 11:45 ANNAMAIR A 4:00 RENEE	14 7:00 MARGE CR 8:00 CHRISTINA AB 8:30 CHRISTINA CR 1:00 ANNAMARI CR 6:00 RENEE C	15 7:00 MARGE CR 8:15 CHERYL CR 9:30 CHRISTINA CR 10:45 MARY J 4:00 RENEE C 5:00 CHILATTES	16 7:00 MARGE CR 8:00 MARY ABS 8:30 MARY -CR 1:00 ANNAMA CR 6:00 RENEE C	17 7:00 MARGE CR 8:15 CHERYL CR 9:30 GIGI CR 10:45 GIGI J	18 8:00 STEP 9:00 20/20/20 Weight training, abs & yoga GIGI BOTH CLASSES
19  11:30  JOHNETTE - C	20 7:00 MARGE CR 8:15 JOHNETTE CR 9:30 JOHNETT CR 10:45 ANNAMARI J 11:45 ANNAMAIR A 4:00 RENEE	21 7:00 MARGE CR 8:00 CHRISTINA AB 8:30 CHRISTINA CR 1:00 ANNAMARI CR 6:00 RENEE C	22 7:00 MARGE CR 8:15 CHERYL CR 9:30 CHRISTINA CR 10:45 MARY J 4:00 RENEE C 5:00 CHILATTES	23 7:00 MARGE CR 8:00 MARY ABS 8:30 MARY -CR 1:00 ANNAMA CR 6:00 RENEE C	24 7:00 MARGE CR 8:15 CHERYL CR 9:30 GIGI CR 10:45 GIGI J	25 8:00 STEP 9:00 CARDIO  CHERYL BOTH CLASSES
26  11:30  JOHNETTE - C	27 7:00 MARGE CR 8:15 JOHNETTE CR 9:30 JOHNETT CR 10:45 ANNAMARI J 11:45 ANNAMAIR A 4:00 RENEE	28 7:00 MARGE CR 8:00 CHRISTINA AB 8:30 CHRISTINA CR 1:00 ANNAMARI CR 6:00 RENEE C	29 7:00 MARGE CR 8:15 CHERYL CR 9:30 CHRISTINA CR 10:45 ANNAMARIE J 4:00 RENEE C 5:00 CHILATTES	30 7:00 MARGE CR 8:00 MARY ABS 8:30 MARY -CR 1:00 ANNAMA CR 6:00 RENEE C		