



LOS CAB AQUA CLASS SCHEDULE FALL 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM Aqua Fit <i>Peggy</i>	9:00 AM Digging Deep <i>Tara</i>	9:00 AM Aqua Fit <i>Tara</i>	9:00 AM Digging Deep <i>Peggy</i>	9:00 AM Aqua Fit <i>Tara/Angy</i>	9:00 AM Cardio Challenge STAFF	NO CLASSES Questions or comments? Sue Shatzel (714) 546-8560 X210
10:00 AM AFAP <i>Debbie</i>	10:00 AM Aqua Fit <i>Tara</i>	10:00 AM AFAP <i>Kathy</i>	10:00 AM Aqua Fit <i>Peggy</i>	10:00 AM AFAP+ <i>Tara/Sue</i>	10:00 AM All Abs STAFF	
11:00 AM Ai-Chi	12:30 PM Digging Deep <i>Sue</i>		12:30 PM Digging Deep <i>Angy</i>		10:45 AM Tai-Chi <i>Jog-a-pool</i> Debbie	
4:00 PM Digging Deep <i>Sue</i>	4:00 PM Digging Deep <i>Peggy</i>	4:00 PM Digging Deep <i>Debbie</i>	4:00 PM Digging Deep <i>Trina</i>		12:30 PM Digging Deep STAFF	
5:30 PM Digging Deep <i>Sue</i>						

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