

APRIL AQUA FITNESS & WATER RUNNING		MORNING									AFTERNOON/EVENING			
		630AM-730AM	630-715AM	645-730AM	7-8AM	7-745AM	8-845AM	9-945AM	9-10AM	10-1045AM	11-1145AM	1245-130PM	145-230PM	745-830PM
		DEEP	DEEP RUN	DEEP RUN	DEEP	DEEP	DEEP	SHALLOW	SHALLOW ERIN	WARM	DEEP RUN	WARM	WARM	DEEP
TUESDAY	1		91138									91190		
WEDNESDAY	2	91229					91195	91200		91205				
THURSDAY	3			91143					91158					
FRIDAY	4					91210								
SATURDAY	5				91226									
SUNDAY	6													
MONDAY	7	91224												91213
TUESDAY	8		91139									91191		
WEDNESDAY	9	91230					91196	91201		91206	91147			
THURSDAY	10								91159					
FRIDAY	11					91211							91217	
SATURDAY	12					91218	91220							
SUNDAY	13													
MONDAY	14					91222								91214
TUESDAY	15		91140									91192		
WEDNESDAY	16	91231					91197	91202		91207				
THURSDAY	17			91144					91160					
FRIDAY	18					91212								
SATURDAY	19					91219	91221							
SUNDAY	20													
MONDAY	21	91225												91215
TUESDAY	22		91141									91193		
WEDNESDAY	23	91232					91198	91203		91208				
THURSDAY	24			91145					91161					
FRIDAY	25	91228												
SATURDAY	26				91227									
SUNDAY	27													
MONDAY	28					91223								91216
TUESDAY	29		91142									91194		
WEDNESDAY	30	91233					91199	91204		91209				