

September 2018: Aqua Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 New Prague Aquatic Center AQUA FITNESS						1 Aqua Cycling 7:00-7:45 AM BOGA Fit 8:00-9:00 AM
2 NO CLASSES HAPPY LABOR DAY!	3 NO CLASSES HAPPY LABOR DAY!	4 Silver Splash 9:30-10:15 AM Aqua Cycling 4:15-5:00 PM BOGA Fit 7:30-8:15 PM	5 Silver Steps 9:30-10:15 AM Water Yoga 12:15 - 12:45 PM Channel Craze 7:30-8:15 PM Aqua Cycling 7:30-8:15 PM	6 Deep Water 6:00 -6:45 AM Silver Splash 9:30-10:15 AM Deep Water 12:15 - 12:45 PM Floating Yoga 7:30 - 8:30 PM	7 Aqua Cycling 9:30-10:30 AM	8 Aqua Cycling 7:00-7:45 AM BOGA Fit 8:00-9:00 AM
9 Channel Craze 3:00 - 3:45 PM Deep Water 4:00 -4:45 PM	10 Aqua Cycling 9:30-10:15 AM Water Yoga 12:15 - 12:45 PM Deep Water Aerobics 7:30-8:15 PM Floating Yoga 7:30 - 8:30 PM	11 Channel Craze 6:00-6:45 AM Silver Splash 9:30-10:15 AM Channel Craze 12:15-12:45 PM Aqua Cycling 4:15-5:00 PM BOGA Fit 7:30-8:15 PM	12 Silver Steps 9:30-10:15 AM Water Yoga 12:15 - 12:45 PM Channel Craze 7:30-8:15 PM Aqua Cycling 7:30-8:15 PM	13 Deep Water 6:00 -6:45 AM Silver Splash 9:30-10:15 AM Deep Water 12:15 - 12:45 PM High School Meet No Evening Classes	14 Aqua Cycling 9:30-10:30 AM	15 Aqua Cycling 7:00-7:45 AM
16 Channel Craze 3:00 - 3:45 PM Deep Water 4:00 -4:45 PM	17 Aqua Cycling 9:30-10:15 AM Water Yoga 12:15 - 12:45 PM Deep Water Aerobics 7:30-8:15 PM Floating Yoga 7:30 - 8:30 PM	18 Channel Craze 6:00-6:45 AM Silver Splash 9:30-10:15 AM Channel Craze 12:15-12:45 PM Aqua Cycling 4:15-5:00 PM BOGA Fit 7:30-8:15 PM	19 Silver Steps 9:30-10:15 AM Water Yoga 12:15 - 12:45 PM Channel Craze 7:30-8:15 PM Aqua Cycling 7:30-8:15 PM	20 Deep Water 6:00 -6:45 AM Silver Splash 9:30-10:15 AM Deep Water 12:15 - 12:45 PM High School Meet No Evening Classes	21 Aqua Cycling 9:30-10:30 AM	22 Aqua Cycling 7:00-7:45 AM BOGA Fit 8:00-9:00 AM
23 Channel Craze 3:00 - 3:45 PM Deep Water 4:00 -4:45 PM	24 Aqua Cycling 9:30-10:15 AM Water Yoga 12:15 - 12:45 PM Deep Water Aerobics 7:30-8:15 PM Floating Yoga 7:30 - 8:30 PM	25 Channel Craze 6:00-6:45 AM Silver Splash 9:30-10:15 AM Channel Craze 12:15-12:45 PM Aqua Cycling 4:15-5:00 PM BOGA Fit 7:30-8:15 PM	26 Silver Steps 9:30-10:15 AM Water Yoga 12:15 - 12:45 PM Channel Craze 7:30-8:15 PM Aqua Cycling 7:30-8:15 PM	27 Deep Water 6:00 -6:45 AM Silver Splash 9:30-10:15 AM Deep Water 12:15 - 12:45 PM Floating Yoga 7:30 - 8:30 PM	28 Aqua Cycling 9:30-10:30 AM	29 Aqua Cycling 7:00-7:45 AM BOGA Fit 8:00-9:00 AM
30 Channel Craze 3:00 - 3:45 PM Deep Water 4:00 -4:45 PM						