

# AQUAFIT SCHEDULE • OCTOBER 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 - 9:45AM <b>As You Choose Helen</b>	2 7:35 - 8:20AM <b>Deep Water Helen</b> 8:30 - 9:15AM <b>Deep Water Candace</b> 9:20 - 10:05AM <b>Shallow Water Candace</b> 10:15 - 11:00AM <b>As You Choose Louise</b> 12:10 - 12:55PM <b>Deep Water Jen M.</b>	3 8:15 - 9:00AM <b>Tether LeAnne</b> 12:10 - 12:55PM <b>Deep Water LeAnne</b> 6:15 - 7:00PM <b>Aqua Unleashed Jen P.</b>	4 7:35 - 8:20AM <b>Deep Water Judy</b> 8:30 - 9:15AM <b>Deep Water Judy</b> 9:20 - 10:05AM <b>Shallow Water Jen P.</b> 10:15 - 11:00AM <b>As You Choose Jen M.</b>	5 8:15 - 9:00AM <b>Tether Louise</b> 12:10 - 12:55PM <b>Deep Water Louise</b>	6 8:30 - 9:15AM <b>Deep Water Helen</b> 9:20 - 10:05AM <b>Shallow/Aqua Zen Helen</b> 10:15 - 11:00AM <b>As You Choose Camilla</b>	7 10:00 - 10:45AM <b>Aqua Variety Louise</b>
8 9:00 - 9:45AM <b>As You Choose Helen</b>	9 <b>THANKSGIVING DAY NO CLASSES</b>	10 8:15 - 9:00AM <b>Tether LeAnne</b> 12:10 - 12:55PM <b>Deep Water LeAnne</b> 6:15 - 7:00PM <b>Aqua Unleashed Judy</b>	11 7:35 - 8:20AM <b>Deep Water Judy</b> 8:30 - 9:15AM <b>Deep Water Judy</b> 9:20 - 10:05AM <b>Shallow Water Jen P.</b> 10:15 - 11:00AM <b>As You Choose Jen M.</b>	12 8:15 - 9:00AM <b>Tether TBA</b> 12:10 - 12:55PM <b>Deep Water Candace</b>	13 8:30 - 9:15AM <b>Deep Water Helen</b> 9:20 - 10:05AM <b>Shallow/Aqua Zen Helen</b> 10:15 - 11:00AM <b>As You Choose Camilla</b>	14 10:00 - 10:45AM <b>Aqua Variety Amanda</b>
15 9:00 - 9:45AM <b>As You Choose Helen</b>	16 7:35 - 8:20AM <b>Deep Water Helen</b> 8:30 - 9:15AM <b>Deep Water Candace</b> 9:20 - 10:05AM <b>Shallow Water Candace</b> 10:15 - 11:00AM <b>As You Choose Candace</b> 12:10 - 12:55PM <b>Deep Water Jen M.</b>	17 8:15 - 9:00AM <b>Tether LeAnne</b> 12:10 - 12:55PM <b>Deep Water LeAnne</b> 6:15 - 7:00PM <b>Aqua Unleashed Jen P.</b>	18 7:35 - 8:20AM <b>Deep Water Judy</b> 8:30 - 9:15AM <b>Deep Water Judy</b> 9:20 - 10:05AM <b>Shallow Water Jen P.</b> 10:15 - 11:00AM <b>As You Choose Jen M.</b>	19 8:15 - 9:00AM <b>Tether Louise</b> 12:10 - 12:55PM <b>Deep Water Louise</b>	20 8:30 - 9:15AM <b>Deep Water Helen</b> 9:20 - 10:05AM <b>Shallow/Aqua Zen Helen</b> 10:15 - 11:00AM <b>As You Choose Camilla</b>	21 10:00 - 10:45AM <b>Aqua Variety Louise</b>
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Instructors and schedule subject to change without notice, please go to [calgaryjcc.com](http://calgaryjcc.com) for up-to-date information. For more information contact LeAnne Crane at [lcrane@cjcc.ca](mailto:lcrane@cjcc.ca).