

AQUAFIT SCHEDULE • FEBRUARY 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 9:00 - 9:45AM As You Choose Helen	28 7:35 - 8:20AM Deep Water Helen 8:30 - 9:15AM Deep Water Candace 9:20 - 10:05AM Shallow Water Candace 10:15 - 11:00AM As You Choose Louise 12:10 - 12:55PM Deep Water Jen M.	29 8:15 - 9:00AM Tether LeAnne 12:10 - 12:55PM Deep Water LeAnne 6:15 - 7:00PM Aqua Unleashed Jen M.	30 7:35 - 8:20AM Deep Water LeAnne 8:30 - 9:15AM Deep Water Judy 9:20 - 10:05AM Shallow Water Camilla 10:15 - 11:00AM As You Choose Jen M.	31 8:15 - 9:00AM Tether Louise 12:10 - 12:55PM Deep Water Louise	1 8:30 - 9:15AM Deep Water Helen 9:20 - 10:05AM Shallow/Aqua Zen Helen 10:15 - 11:00AM As You Choose Camilla	2 10:00 - 10:45AM Aqua Variety Louise
3 9:00 - 9:45AM As You Choose Helen	4 7:35 - 8:20AM Deep Water Helen 8:30 - 9:15AM Deep Water Candace 9:20 - 10:05AM Shallow Water Candace 10:15 - 11:00AM As You Choose Louise 12:10 - 12:55PM Deep Water Jen M.	5 8:15 - 9:00AM Tether LeAnne 12:10 - 12:55PM Deep Water LeAnne 6:15 - 7:00PM Aqua Unleashed Jen M.	6 7:35 - 8:20AM Deep Water LeAnne 8:30 - 9:15AM Deep Water Judy 9:20 - 10:05AM Shallow Water Camilla 10:15 - 11:00AM As You Choose Jen M.	7 8:15 - 9:00AM Tether Louise 12:10 - 12:55PM Deep Water Louise	8 8:30 - 9:15AM Deep Water Helen 9:20 - 10:05AM Shallow/Aqua Zen Helen 10:15 - 11:00AM As You Choose Camilla	9 10:00 - 10:45AM Aqua Variety Candace
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17 9:00 - 9:45AM As You Choose Helen	18 FAMILY DAY NO CLASSES	19 8:15 - 9:00AM Tether LeAnne 12:10 - 12:55PM Deep Water LeAnne 6:15 - 7:00PM Aqua Unleashed Jen M.	20 7:35 - 8:20AM Deep Water LeAnne 8:30 - 9:15AM Deep Water Judy 9:20 - 10:05AM Shallow Water Camilla 10:15 - 11:00AM As You Choose Jen M.	21 8:15 - 9:00AM Tether Amanda 12:10 - 12:55PM Deep Water Jen M.	22 8:30 - 9:15AM Deep Water Helen 9:20 - 10:05AM Shallow/Aqua Zen Helen 10:15 - 11:00AM As You Choose Camilla	23 10:00 - 10:45AM Aqua Variety Candace
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Instructors and schedule subject to change without notice, please go to calgaryjcc.com for up-to-date information. For more information contact LeAnne Crane at lcrane@cjcc.ca.