DECEMBER AQUA FITNESS & WATER RUNNING		MORNING										AFTERNOON/EVENING		
		6:30AM-7:30AM	630-715AM	645-730AM	7-745AM	8-845AM	8-845AM	9-945	9-10AM	10-1045AM	11-1145AM	1245-130PM	145-230PM	745-830PM
		SILENT	DEEP RUN	DEEP RUN	DEEP	DEEP	SHALLOW	SHALLOW	SHALLOW ERIN	WARM	DEEP RUN	WARM	WARM	DEEP
SUNDAY	1													
MONDAY	2	88800												88777
TUESDAY	3		88434						88433					
WEDNESDAY	4	88801									88525			
THURSDAY	5			88466			88778							
FRIDAY	6				88779									
SATURDAY	7				88780	88781								
SUNDAY	8													
MONDAY	9				88782									88783
TUESDAY	10		88436						88435			88784		
WEDNESDAY	11	88802												
THURSDAY	12			88493					89313					
FRIDAY	13	88804												
SATURDAY	14	88805												
SUNDAY	15													
MONDAY	16	88806												88786
TUESDAY	17		88438						88437			88785		
WEDNESDAY	18	88803				88788		88797		88798	88526			
THURSDAY	19			88516					89357					
FRIDAY	20				88791									
SATURDAY	21				88792	88789								
SUNDAY	22													
MONDAY	23				88793									
TUESDAY	24		88439											
CHRISTMAS	25													
THURSDAY	26													
FRIDAY	27				88794									
SATURDAY	28				88795	88790								
SUNDAY	29													
MONDAY	30	88807												88787
TUESDAY	31													