

JANUARY AQUA FITNESS & WATER RUNNING		MORNING										AFTERNOON/EVENING		
		6:30AM-7:30AM	630-715AM	645-730AM	7-8AM	7-745AM	8-845AM	9-945	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
NEW YEARS DAY	1													
THURSDAY	2			89578										
FRIDAY	3					89687								
SATURDAY	4					89690	89696							
SUNDAY	5													
MONDAY	6					89693								89702
TUESDAY	7		89583									89711		
WEDNESDAY	8	89719					89699	89705		89708	89587			
THURSDAY	9			89579					89786					
FRIDAY	10					89688							89714	
SATURDAY	11					89691	89697							
SUNDAY	12													
MONDAY	13	89723												
TUESDAY	14		89584						89780			89712		
WEDNESDAY	15	89720					89700	89706		89709				
THURSDAY	16			89580					89789					
FRIDAY	17	89724											89715	
SATURDAY	18					89692	89698							
SUNDAY	19													
MONDAY	20					89694								89703
TUESDAY	21		89585						89782					
WEDNESDAY	22	89721					89810	89811		89812	89589			
THURSDAY	23			89581					89792					
FRIDAY	24	89725												
SATURDAY	25				89726									
SUNDAY	26													
MONDAY	27					89695								89704
TUESDAY	28		89586						89783			89713		
WEDNESDAY	29	89722					89701	89707		89710				
THURSDAY	30			89582					89794					
FRIDAY	31					89689							89716	