MARCH 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
SATURDAY	1				90712									
SUNDAY	2													
MONDAY	3					90714								90717
TUESDAY	4		90789						90696					
WEDNESDAY	5	90702					90721	90724		90727	90798			
THURSDAY	6			90794					90699					
FRIDAY	7					90732							90734	
SATURDAY	8					90736	90737							
SUNDAY	9													
MONDAY	10	90708												90718
TUESDAY	11		90790						90697			90730		
WEDNESDAY	12	90703					90722	90725		90728				
THURSDAY	13			90795					90700					
FRIDAY	14	90710												
SATURDAY	15				90713									
SUNDAY	16													
MONDAY	17	90709												
TUESDAY	18		90791						90698			90731		
WEDNESDAY	19	90704					90723	90726		90729	90799			
THURSDAY	20			90796					90701					
FRIDAY	21					90733							90735	
SATURDAY	22					90738	90739							
SUNDAY	23													
MONDAY	24					90715								90719
TUESDAY	25		90793											
WEDNESDAY	26	90705												
THURSDAY	27			90797										
FRIDAY	28	90711												
SATURDAY	29					90740	90741							
SUNDAY	30													
MONDAY	31					90716								90720