

Brentwood Indoor Sports Complex Aqua Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Hydroburn 7:30am -8:30am Jeanette Hackler		Hydroburn 7:30am -8:30am Jeanette Hackler		Hydroburn 7:30am -8:30am Jeanette Hackler
SS Splash 8:30am -9:30am Jeanette Hackler	Power Up 8:00am -9:00am Theresa Picone	SS Splash 8:30am -9:30am Lynn Leaf	Power Up 8:00am -9:00am Theresa Picone	Power Up 8:30am -9:30am Heather Atkinson
Deep Water Aqua Dynamite 9:30am -10:30am Jeanette Hackler	Deep Water Aqua Dynamite 9:00am -10:00am Theresa Picone	Deep Water Aqua Dynamite 9:30am -10:30am Lynn Leaf	Deep Water Aqua Dynamite 9:00am -10:00am Sunny Sargent	Deep Water Aqua Dynamite 9:30am -10:30am Heather Atkinson
	Gentle Journey 10:30am -11:30am Amy Mason		Gentle Journey 10:30am -11:30am Amy Mason	