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# JULY 2026 POOL

CLUB RENAISSANCE  
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>Aqua Cardio</b> 9:30am- <u>MT</u> <b>Aqua Balance</b> <b>express</b> -10:15am-	2 <b>Aqua Cardio- Strength</b> - 9:30 am- <u>KB</u> <b>Aloha Flow Express</b> -10:15am- <u>KB</u>	3 <b>Aqua Tone</b> - 9:30 am- <u>NF</u> <b>Aqua Flow Express</b> 1015 am - <u>NF</u>	
6 <b>H2O</b> <b>Cardio-Strength</b> 9:30am- <u>KB</u> <b>Aqua Mix express</b> 10:15am- <u>KB</u>	7 <b>Aqua Tone UP</b> - 9:30 am- <u>AM</u> <b>Aqua yoga Express</b> -10:15am- <u>AM</u>	8 <b>Aqua Cardio</b> 9:30am- <u>MT</u> <b>Aqua Balance</b> <b>express</b> -10:15am-	9 <b>Aqua Cardio- Strength</b> - 9:30 am- <u>CD</u> <b>Aloha Flow Express</b> -10:15am- <u>CD</u>	10 <b>Aqua Tone</b> - 9:30 am- <u>NF</u> <b>Aqua Flow Express</b> 1015 am - <u>NF</u>	
13 <b>H2O</b> <b>Cardio-Strength</b> 9:30am- <u>KB</u> <b>Aqua Mix express</b> 10:15am- <u>KB</u>	14 <b>-Aqua Tone UP</b> - 9:30 am- <u>AM</u> <b>Aqua yoga Express</b> -10:15am- <u>AM</u>	15 <b>Aqua Cardio</b> 9:30am- <u>MT</u> <b>Aqua Balance</b> <b>express</b> -10:15am- <u>MT</u>	16 <b>Aqua Cardio- Strength</b> - 9:30 am- <u>KB</u> <b>Aqua Mix Express</b> -10:15am- <u>KB</u>	17 <b>Aqua Tone</b> - 9:30 am- <u>NF</u> <b>Aqua Flow Express</b> 1015 am - <u>NF</u>	
20 <b>H2O</b> <b>Cardio-Strength</b> 9:30am- <u>KB</u> <b>Aqua Mix express</b> 10:15am- <u>KB</u>	21 <b>Aqua Tone UP</b> - 9:30 am- <u>AM</u> <b>Aqua yoga Express</b> -10:15am- <u>AM</u>	22 <b>Aqua Cardio</b> 9:30am- <u>MT</u> <b>Aqua Balance express</b> -10:15am- <u>MT</u>	24 <b>Aqua Cardio- Strength</b> - 9:30 am- <u>CD</u> <b>Aloha Flow Express</b> -10:15am- <u>CD</u>	25 <b>Aqua Tone</b> - 9:30 am- <u>NF</u> <b>Aqua Flow Express</b> 1015 am - <u>NF</u>	
27 <b>H2O</b> <b>Cardio-Strength</b> 9:30am- <u>KB</u> <b>Aqua Mix express</b> 10:15am- <u>KB</u>	28 <b>Aqua Tone UP</b> - 9:30 am- <u>AM</u> <b>Aqua yoga Express</b> -10:15am- <u>AM</u>	29 <b>Aqua Cardio</b> 9:30am- <u>MT</u> <b>Aqua Balance express</b> -10:15am- <u>MT</u>	30 <b>Aqua Cardio- Strength</b> - 9:30 am- <u>CD</u> <b>Aloha Flow Express</b> -10:15am- <u>CD</u>	31 <b>Aqua Tone</b> - 9:30 am- <u>NF</u> <b>Aqua Flow Express</b> 1015 am - <u>NF</u>	

