

November 2016 Calendar

November 2016						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31 7am Aqua Yoga 8:30am Morning Fit 9:30am Warm Water Workout 7pm Hydro HIIT Shallow	1 8:30am Warm Water Workout 9:30am Rolling in the Deep 10:30am Warm Water Workout 5:45pm Evening Fit 6pm Warm Water Workout	2 7am Aqua Yoga 8:30am Morning Fit 9:30am Warm Water Workout	3 8:30am Warm Water Workout 9:30am Rolling in the Deep 10:30am Warm Water Workout 5:45pm Evening Fit	4 9:30am Warm Water Workout	5
6	7 7am Aqua Yoga 8:30am Morning Fit 9:30am Warm Water Workout	8 8:30am Warm Water Workout 9:30am Rolling in the Deep 10:30am Warm Water Workout 5:45pm Evening Fit	9 7am Aqua Yoga 8:30am Morning Fit 9:30am Warm Water Workout	10 8:30am Warm Water Workout 9:30am Rolling in the Deep 10:30am Warm Water Workout 5:45pm Evening Fit	11 CAC OPEN 8am-5pm 8:30am Morning Fit 9:30am Warm Water Workout	12
13	14 7am Aqua Yoga 8:30am Morning Fit 9:30am Warm Water Workout	15 8:30am Warm Water Workout 9:30am Rolling in the Deep 10:30am Warm Water Workout 5:45pm Evening Fit	16 7am Aqua Yoga 8:30am Morning Fit 9:30am Warm Water Workout	17 8:30am Warm Water Workout 10:30am Warm Water Workout 5:45pm Evening Fit	18 7am Aqua Yoga 8:30am Morning Fit 9:30am Warm Water Workout	19
20	21 7am Aqua Yoga 8:30am Morning Fit 9:30am Warm Water Workout	22 8:30am Warm Water Workout 9:30am Rolling in the Deep 10:30am Warm Water Workout 5:45pm Evening Fit	23 7am Aqua Yoga 8:30am Morning Fit 9:30am Warm Water Workout	24 Happy Thanksgiving! CAC closed today	25 No classes today, but stop by the CAC for Black Friday specials! Open 8am-5pm	26
27	28 8:30am Morning Fit 9:30am Warm Water Workout	29 8:30am Warm Water Workout 9:30am Rolling in the Deep 10:30am Warm Water Workout 5:45pm Evening Fit	30 8:30am Morning Fit 9:30am Warm Water Workout			

*Days highlighted in yellow indicate that there is a swim meet taking place. Parking may be limited on these days.