

LAKE NONA PERFORMANCE CLUB

Aquatics	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	8:00-9:00 Aqua Stars Yvette		8:00-9:00 Aqua Fit Sabrina L.	8:00-9:00 Aqua Stars Yvette	8:00-9:00 Aqua Stars Yvette		
	9:30-10:30 Hydro Jump Yvette	10:00-11:00 Aqua Fit Ana		9:30-10:30 Hydro Jump Yvette	9:30-10:30 Boxing Circuit Yvette	British Swim School Lessons 9:30-2:00	11:00-11:45 Aqua Zumba Eneida
		11:00-12:00 Aqua Restore Marlene	10:30-11:30 Aqua Fit Ana	11:00-12:00 Aqua Restore Marlene			
PM		5:30-6:15 pm Aqua Zumba Suyin	British Swim School Lessons 4:00-7:00	British Swim School Lessons 4:00-7:00	British Swim School Lessons 4:00-7:00	British Swim School Team Lessons (1 lane use) 12:30-1:30	
		5:30-6:30PM Kids In Motion Family Pool		5:30-6:30PM Kids In Motion Family Pool			
	6:00-7:00 Aqua Fit Suyin		6:00-6:45 Aqua Fit Marlene British Swim School Team Lessons (1 lane use) 6:00-7:00	6:00-7:00 Aqua Zumba Suyin British Swim School Team Lessons (1 lane use) 6:00-7:00			
			7:00-7:45 Aqua Restore Marlene				

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