

# September

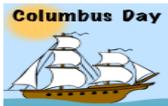
1350 49th Street NE | WASHINGTON DC 20019  
MON-SUN 6:30AM-8:00PM

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
4	<b>5 Labor Day - No classes</b> 	6	7	8	9	10
11	<b>12</b> 9:00-9:45am Senior W.A. 10:00-10:30am Senior L2S Lvl 1 10:45-11:15am Senior L2S Lvl 2  5:30-6:6:30pm Junior Waves  5:30-6:00pm Adult L2s Lvl 1 6:15-6:45pm Adult L2S Lvl 2 7:00-7:45pm Adult L2S Lvl 3  7:00-8:00pm Abs & Glutes W.A.	<b>13</b> 8:30-9:15am Senior W.A.  5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3  6:30-7:15pm Aqua Zumba	<b>14</b> 9:00-9:45am Senior W.A. 10:00-10:30am Senior L2S Lvl 1 10:45-11:15am Senior L2S Lvl 2  5:30-6:6:30pm Junior Waves  5:30-6:00pm Adult L2s Lvl 1 6:15-6:45pm Adult L2S Lvl 2 7:00-7:45pm Adult L2S Lvl 3  7:00-8:00pm Abs & Glutes W.A.	<b>15</b> 8:30-9:15am Senior W.A.  5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3  6:30-7:15pm Aqua Zumba	<b>16</b> 9:00-9:45am Senior W.A.  6:30-7:30pm BLB (Buns, Legs, Tummy)	<b>17</b>
18	<b>19</b> 9:00-9:45am Senior W.A. 10:00-10:30am Senior L2S Lvl 1 10:45-11:15am Senior L2S Lvl 2  5:30-6:6:30pm Junior Waves  5:30-6:00pm Adult L2s Lvl 1 6:15-6:45pm Adult L2S Lvl 2 7:00-7:45pm Adult L2S Lvl 3  7:00-8:00pm Abs & Glutes W.A.	<b>20</b> 8:30-9:15am Senior W.A.  5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3  6:30-7:15pm Aqua Zumba	<b>21</b> 9:00-9:45am Senior W.A. 10:00-10:30am Senior L2S Lvl 1 10:45-11:15am Senior L2S Lvl 2  5:30-6:6:30pm Junior Waves  5:30-6:00pm Adult L2s Lvl 1 6:15-6:45pm Adult L2S Lvl 2 7:00-7:45pm Adult L2S Lvl 3  7:00-8:00pm Abs & Glutes W.A.	<b>22</b> 8:30-9:15am Senior W.A.  5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3  6:30-7:15pm Aqua Zumba	<b>23</b> 9:00-9:45am Senior W.A.  6:30-7:30pm BLB (Buns, Legs, Tummy)	<b>24</b> 9:30-10:00am P&C Lvl A 10:15-10:45am P&C Lvl B 11:00-11:30am Preschool Aquatics Lvl 1 11:45-12:15pm Preschool Aquatics Lvl 2
25	<b>26</b> 9:00-9:45am Senior W.A. 10:00-10:30am Senior L2S Lvl 1 10:45-11:15am Senior L2S Lvl 2  5:30-6:6:30pm Junior Waves  5:30-6:00pm Adult L2s Lvl 1 6:15-6:45pm Adult L2S Lvl 2 7:00-7:45pm Adult L2S Lvl 3  7:00-8:00pm Abs & Glutes W.A.	<b>27</b> 8:30-9:15am Senior W.A.  5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3  6:30-7:15pm Aqua Zumba	<b>28</b> 9:00-9:45am Senior W.A. 10:00-10:30am Senior L2S Lvl 1 10:45-11:15am Senior L2S Lvl 2  5:30-6:6:30pm Junior Waves  5:30-6:00pm Adult L2s Lvl 1 6:15-6:45pm Adult L2S Lvl 2 7:00-7:45pm Adult L2S Lvl 3  7:00-8:00pm Abs & Glutes W.A.	<b>29</b> 8:30-9:15am Senior W.A.  5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3  6:30-7:15pm Aqua Zumba	<b>30</b> 9:00-9:45am Senior W.A.  6:30-7:30pm BLB (Buns, Legs, Tummy)	<b>1</b>

# October

1350 49TH STREET NE WASHINGTON, DC 20019

6:30AM-8:00PM

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	1
2	3 9:00-9:45am Senior W.A. 10:00-10:30am Senior L2S Lvl 1 10:45-11:15am Senior L2S Lvl 2  5:30-6:6:30pm Junior Waves  5:30-6:00pm Adult L2s Lvl 1 6:15-6:45pm Adult L2S Lvl 2 7:00-7:45pm Adult L2S Lvl 3 7:00-8:00pm Abs & Glutes W.A.	4 8:30-9:15am Senior W.A.  5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3  6:30-7:15pm Aqua Zumba	5 9:00-9:45am Senior W.A. 10:00-10:30am Senior L2S Lvl 1 10:45-11:15am Senior L2S Lvl 2  5:30-6:6:30pm Junior Waves  5:30-6:00pm Adult L2s Lvl 1 6:15-6:45pm Adult L2S Lvl 2 7:00-7:45pm Adult L2S Lvl 3 7:00-8:00pm Abs & Glutes W.A.	6 8:30-9:15am Senior W.A.  5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3  6:30-7:15pm Aqua Zumba	7 9:00-9:45am Senior W.A.  6:30-7:30pm BLB (Buns, Legs, Tummy)	8 9:30-10:00am P&C Lvl A 10:15-10:45am P&C Lvl B 11:00-11:30am Preschool Aquatics Lvl 1 11:45-12:15pm Preschool Aquatics Lvl 2
9	10 <b>Columbus Day - No Classes</b> 	11	12	13	14	15 9:30-10:00am P&C Lvl A 10:15-10:45am P&C Lvl B 11:00-11:30am Preschool Aquatics Lvl 1 11:45-12:15pm Preschool Aquatics Lvl 2
16	17 9:00-9:45am Senior W.A. 10:00-10:30am Senior L2S Lvl 1 10:45-11:15am Senior L2S Lvl 2  5:30-6:6:30pm Junior Waves  5:30-6:00pm Adult L2s Lvl 1 6:15-6:45pm Adult L2S Lvl 2 7:00-7:45pm Adult L2S Lvl 3 7:00-8:00pm Abs & Glutes W.A.	18 8:30-9:15am Senior W.A.  5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3  6:30-7:15pm Aqua Zumba	19 9:00-9:45am Senior W.A. 10:00-10:30am Senior L2S Lvl 1 10:45-11:15am Senior L2S Lvl 2  5:30-6:6:30pm Junior Waves  5:30-6:00pm Adult L2s Lvl 1 6:15-6:45pm Adult L2S Lvl 2 7:00-7:45pm Adult L2S Lvl 3 7:00-8:00pm Abs & Glutes W.A.	20 8:30-9:15am Senior W.A.  5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3  6:30-7:15pm Aqua Zumba	21 9:00-9:45am Senior W.A.  6:30-7:30pm BLB (Buns, Legs, Tummy)	22
23	24 9:00-9:45am Senior W.A. 10:00-10:30am Senior L2S Lvl 1 10:45-11:15am Senior L2S Lvl 2  5:30-6:6:30pm Junior Waves  5:30-6:00pm Adult L2s Lvl 1 6:15-6:45pm Adult L2S Lvl 2 7:00-7:45pm Adult L2S Lvl 3 7:00-8:00pm Abs & Glutes W.A.	25 8:30-9:15am Senior W.A.  5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3  6:30-7:15pm Aqua Zumba	26 9:00-9:45am Senior W.A. 10:00-10:30am Senior L2S Lvl 1 10:45-11:15am Senior L2S Lvl 2  5:30-6:6:30pm Junior Waves  5:30-6:00pm Adult L2s Lvl 1 6:15-6:45pm Adult L2S Lvl 2 7:00-7:45pm Adult L2S Lvl 3 7:00-8:00pm Abs & Glutes W.A.	27 8:30-9:15am Senior W.A.  5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3  6:30-7:15pm Aqua Zumba	28 9:00-9:45am Senior W.A.  6:30-7:30pm BLB (Buns, Legs, Tummy)	29
30	31 9:00-9:45am Senior W.A. 10:00-10:30am Senior L2S Lvl 1 10:45-11:15am Senior L2S Lvl 2  5:30-6:6:30pm Junior Waves  5:30-6:00pm Adult L2s Lvl 1 6:15-6:45pm Adult L2S Lvl 2 7:00-7:45pm Adult L2S Lvl 3 7:00-8:00pm Abs & Glutes W.A.	<p style="text-align: center;"><b>Make up weeks (No Classes):</b></p> <p style="text-align: center;">LTS/WA 2 Days/Week : October 9th—15th LTS Day/Week: October 16th—29th</p>				

# November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	<b>1</b> 8:30-9:15am Senior W.A.  5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3  6:30-7:15pm Aqua Zumba	<b>2</b> 9:00-9:45am Senior W.A. 10:00-10:30am Senior L2S Lvl 1 10:45-11:15am Senior L2S Lvl 2  5:30-6:6:30pm Junior Waves  5:30-6:00pm Adult L2s Lvl 1 6:15-6:45pm Adult L2S Lvl 2 7:00-7:45pm Adult L2S Lvl 3  7:00-8:00pm Abs & Glutes W.A.	<b>3</b> 8:30-9:15am Senior W.A.  5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3  6:30-7:15pm Aqua Zumba	<b>4</b> 9:00-9:45am Senior W.A.  6:30-7:30pm BLB (Buns, Legs, Tummy)	<b>5</b> 9:30-10:00am P&C Lvl A 10:15-10:45am P&C Lvl B 11:00-11:30am Preschool Aquatics Lvl 1 11:45-12:15pm Preschool Aquatics Lvl 2
<b>6</b> 9:00-9:45am Senior W.A. 10:00-10:30am Senior L2S Lvl 1 10:45-11:15am Senior L2S Lvl 2  5:30-6:6:30pm Junior Waves  5:30-6:00pm Adult L2s Lvl 1 6:15-6:45pm Adult L2S Lvl 2 7:00-7:45pm Adult L2S Lvl 3  7:00-8:00pm Abs & Glutes W.A.	<b>7</b> 9:00-9:45am Senior W.A. 10:00-10:30am Senior L2S Lvl 1 10:45-11:15am Senior L2S Lvl 2  5:30-6:6:30pm Junior Waves  5:30-6:00pm Adult L2s Lvl 1 6:15-6:45pm Adult L2S Lvl 2 7:00-7:45pm Adult L2S Lvl 3  7:00-8:00pm Abs & Glutes W.A.	<b>8</b> 8:30-9:15am Senior W.A.  5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3  6:30-7:15pm Aqua Zumba	<b>9</b> 9:00-9:45am Senior W.A. 10:00-10:30am Senior L2S Lvl 1 10:45-11:15am Senior L2S Lvl 2  5:30-6:6:30pm Junior Waves  5:30-6:00pm Adult L2s Lvl 1 6:15-6:45pm Adult L2S Lvl 2 7:00-7:45pm Adult L2S Lvl 3  7:00-8:00pm Abs & Glutes W.A.	<b>10</b> 8:30-9:15am Senior W.A.  5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3  6:30-7:15pm Aqua Zumba	<b>11 Veteran's Day</b> - No Classes  	<b>12</b> 9:30-10:00am P&C Lvl A 10:15-10:45am P&C Lvl B 11:00-11:30am Preschool Aquatics Lvl 1 11:45-12:15pm Preschool Aquatics Lvl 2
13	14	15	16	17	18	<b>19</b> 9:30-10:00am P&C Lvl A 10:15-10:45am P&C Lvl B 11:00-11:30am Preschool Aquatics Lvl 1 11:45-12:15pm Preschool Aquatics Lvl 2
20	<b>21</b> 9:00-9:45am Senior W.A. 10:00-10:30am Senior L2S Lvl 1 10:45-11:15am Senior L2S Lvl 2  5:30-6:6:30pm Junior Waves  5:30-6:00pm Adult L2s Lvl 1 6:15-6:45pm Adult L2S Lvl 2 7:00-7:45pm Adult L2S Lvl 3  7:00-8:00pm Abs & Glutes W.A.	<b>22</b> 8:30-9:15am Senior W.A.  5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3  6:30-7:15pm Aqua Zumba	<b>23</b> 9:00-9:45am Senior W.A. 10:00-10:30am Senior L2S Lvl 1 10:45-11:15am Senior L2S Lvl 2  5:30-6:6:30pm Junior Waves  5:30-6:00pm Adult L2s Lvl 1 6:15-6:45pm Adult L2S Lvl 2 7:00-7:45pm Adult L2S Lvl 3  7:00-8:00pm Abs & Glutes W.A.	<b>24 Thanksgiving Day - No classes</b>   <i>Happy Thanksgiving</i>	<b>25</b> 9:00-9:45am Senior W.A.  6:30-7:30pm BLB (Buns, Legs, Tummy)	<b>26</b> 9:30-10:00am P&C Lvl A 10:15-10:45am P&C Lvl B 11:00-11:30am Preschool Aquatics Lvl 1 11:45-12:15pm Preschool Aquatics Lvl 2
27	<b>28</b> 9:00-9:45am Senior W.A. 10:00-10:30am Senior L2S Lvl 1 10:45-11:15am Senior L2S Lvl 2  5:30-6:6:30pm Junior Waves  5:30-6:00pm Adult L2s Lvl 1 6:15-6:45pm Adult L2S Lvl 2 7:00-7:45pm Adult L2S Lvl 3  7:00-8:00pm Abs & Glutes W.A.	<b>29</b> 8:30-9:15am Senior W.A.  5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3  6:30-7:15pm Aqua Zumba	<b>30</b> 9:00-9:45am Senior W.A. 10:00-10:30am Senior L2S Lvl 1 10:45-11:15am Senior L2S Lvl 2  5:30-6:6:30pm Junior Waves  5:30-6:00pm Adult L2s Lvl 1 6:15-6:45pm Adult L2S Lvl 2 7:00-7:45pm Adult L2S Lvl 3  7:00-8:00pm Abs & Glutes W.A.	<div style="border: 2px solid black; border-radius: 15px; padding: 10px; background-color: #e0f0e0;"> <p><b>Make Up Weeks (No Classes):</b></p> <p>LTS/WA 2 Days/Week: November 13th—19th</p> <p>LTS 1 Day/Week: November 27th—December 10th</p> </div>		

# December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p align="center"><b><u>Make-Up Weeks (No Classes):</u></b>                      LTS/WA 2 Days/Week: Dec. 18th—24th, 2016                      LTS 1 Day/Week: November 27th—December 10th</p>				<p><b>1</b>                      8:30-9:15am Senior W.A.                      5:00-5:30pm Child L2S Lvl 1                      5:45-6:15pm Child L2S Lvl 2                      6:30-7:15pm Child L2S Lvl 3                      6:30-7:15pm Aqua Zumba</p>	<p><b>2</b>                      9:00-9:45am Senior W.A.                      6:30-7:30pm BLB (Buns, Legs, Tummy)</p>	<p><b>3</b></p>
<p><b>4</b></p>	<p><b>5</b>                      9:00-9:45am Senior W.A.                      10:00-10:30am Senior L2S Lvl 1                      10:45-11:15am Senior L2S Lvl 2                      5:30-6:30pm Junior Waves                      5:30-6:00pm Adult L2s Lvl 1                      6:15-6:45pm Adult L2S Lvl 2                      7:00-7:45pm Adult L2S Lvl 3                      7:00-8:00pm Abs &amp; Glutes W.A.</p>	<p><b>6</b>                      8:30-9:15am Senior W.A.                      5:00-5:30pm Child L2S Lvl 1                      5:45-6:15pm Child L2S Lvl 2                      6:30-7:15pm Child L2S Lvl 3                      6:30-7:15pm Aqua Zumba</p>	<p><b>7</b>                      9:00-9:45am Senior W.A.                      10:00-10:30am Senior L2S Lvl 1                      10:45-11:15am Senior L2S Lvl 2                      5:30-6:30pm Junior Waves                      5:30-6:00pm Adult L2s Lvl 1                      6:15-6:45pm Adult L2S Lvl 2                      7:00-7:45pm Adult L2S Lvl 3                      7:00-8:00pm Abs &amp; Glutes W.A.</p>	<p><b>8</b>                      8:30-9:15am Senior W.A.                      5:00-5:30pm Child L2S Lvl 1                      5:45-6:15pm Child L2S Lvl 2                      6:30-7:15pm Child L2S Lvl 3                      6:30-7:15pm Aqua Zumba</p>	<p><b>9</b>                      9:00-9:45am Senior W.A.                      6:30-7:30pm BLB (Buns, Legs, Tummy)</p>	<p><b>10</b></p>
<p><b>11</b></p>	<p><b>12</b>                      9:00-9:45am Senior W.A.                      10:00-10:30am Senior L2S Lvl 1                      10:45-11:15am Senior L2S Lvl 2                      5:30-6:30pm Junior Waves                      5:30-6:00pm Adult L2s Lvl 1                      6:15-6:45pm Adult L2S Lvl 2                      7:00-7:45pm Adult L2S Lvl 3                      7:00-8:00pm Abs &amp; Glutes W.A.</p>	<p><b>13</b>                      8:30-9:15am Senior W.A.                      5:00-5:30pm Child L2S Lvl 1                      5:45-6:15pm Child L2S Lvl 2                      6:30-7:15pm Child L2S Lvl 3                      6:30-7:15pm Aqua Zumba</p>	<p><b>14</b>                      9:00-9:45am Senior W.A.                      10:00-10:30am Senior L2S Lvl 1                      10:45-11:15am Senior L2S Lvl 2                      5:30-6:30pm Junior Waves                      5:30-6:00pm Adult L2s Lvl 1                      6:15-6:45pm Adult L2S Lvl 2                      7:00-7:45pm Adult L2S Lvl 3                      7:00-8:00pm Abs &amp; Glutes W.A.</p>	<p><b>15</b>                      8:30-9:15am Senior W.A.                      5:00-5:30pm Child L2S Lvl 1                      5:45-6:15pm Child L2S Lvl 2                      6:30-7:15pm Child L2S Lvl 3                      6:30-7:15pm Aqua Zumba</p>	<p><b>16</b>                      9:00-9:45am Senior W.A.                      6:30-7:30pm BLB (Buns, Legs, Tummy)</p>	<p><b>17</b></p>
<p><b>18</b></p>	<p><b>19</b></p>	<p><b>20</b></p>	<p><b>21</b></p>	<p><b>22</b></p>	<p><b>23</b></p>	<p><b>24</b>  <b>Christmas Eve—</b>                      No Classes</p> 
<p><b>25 Christmas Day—No Classes</b></p> 	<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b></p>	<p><b>29</b></p>	<p><b>30</b></p>	<p><b>31</b>  <b>New Year's Eve -</b>                      No Classes</p> 