

Pam Long-Sub  
 Angelita Santiago-AS  
 Pamela Sulton-PS  
 Harry Williams-HW

# JANUARY 2019- KNIGHT POOL

QUOTE: "GO HARD...THEN GO HOME!"

**Instructors**

Sun	Mon	Tue	Wed	Thu	Fri	
			2 5:30pm Total Body-HW	3 5:30pm Latin in Water-AS	4 10am Aquatics-PS	5
6 	7 10am Aquatics-PS	8	9 5:30pm Total Body-HW	10 5:30pm Latin in Water-AS	11 10am Aquatics-PS	12
13	14 10am Aquatics-PS	15	16 5:30pm Total Body-HW	17 5:30pm Latin in Water-AS	18 10am Aquatics-PS	19
20	21 MLK Bike Ride 8am 	22	23 5:30pm Total Body-HW	24 5:30pm Latin in Water-AS	25 10am Aquatics-PS	26
27	28 10am Aquatics-PS	29	30 5:30pm Total Body-HW	31 5:30pm Latin in Water-AS		

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