

Notes



Monday



H2O  \$ \_\_\_\_\_ Fitness



Tuesday



H2O  \$ \_\_\_\_\_ Fitness



Wednesday



H2O  \$ \_\_\_\_\_ Fitness



Thursday



H2O  \$ \_\_\_\_\_ Fitness



Friday



H2O  \$ \_\_\_\_\_ Fitness



Saturday



H2O  \$ \_\_\_\_\_ Fitness



Sunday



H2O  \$ \_\_\_\_\_ Fitness