

# FAAC CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Water Aerobics</b> 5:30 – 6:30 am	<b>Lap Swim</b> 8am – 6:30 pm	<b>Water Aerobics</b> 5:30 – 6:30 am	<b>Lap Swim</b> 8am – 6:30 pm	<b>Water Aerobics</b> 5:30 – 6:30 am		
<b>Lap Swim</b> 8 – 9am	<b>Body Conditioning</b> 9:30-10:30am	<b>Lap Swim</b> 8 – 9am	<b>Body Conditioning</b> 9:30-10:30am			
<b>Water Aerobics</b> 9 – 10am		<b>Water Aerobics</b> 9 – 10am		<b>Water Aerobics</b> 9 – 10am	<b>Lap Swim</b> 10am-1:30pm	<b>Lap Swim</b> 10am-1:30pm
	<b>Tumbling</b> 3:30 – 5:30pm		<b>Tumbling</b> 3:30 – 5:30pm		<b>Lap swimmers</b> <b>check party</b> <b>board</b>	<b>Lap swimmers</b> <b>check party</b> <b>board</b>
<b>Yoga</b> 9:30-10:30am	<b>Body Blast</b> 4:30 – 5:30pm	<b>Yoga</b> 9:30-10:30am		<b>Yoga</b> 9:30-10:30am	<b>Family Swim</b> 1:30 – 3pm	<b>Family Swim</b> 1:30 – 3pm
<b>Lap Swim</b> 10am - 2pm	<b>Yoga</b> 6:00 - 7:00pm	<b>Lap Swim</b> 10am – 2pm	<b>Yoga</b> 6:00 – 7:00pm	<b>Lap Swim</b> 10am – 2pm		
<b>Zumba</b> 5:30 – 6:30pm	<b>Cumbia</b> 7 – 8pm	<b>Zumba</b> 5:30 – 6:30pm	<b>Cumbia</b> 7 – 8pm	<b>Zumba</b> 5:30 – 6:30pm		
<b>Family Swim</b> 4 - 5pm	<b>Aquatic Interval</b> <b>Training</b> 6:30 - 7:30pm	<b>Family Swim</b> 4 – 5pm	<b>Aquatic Interval</b> <b>Training</b> 6:30 – 7:30pm			<b>Aquatic Interval</b> <b>Training</b> 5 – 6pm
<b>Lap Swim</b> 5 - 8pm *swim lessons see footer		<b>Lap Swim</b> 5 – 8pm *swim lessons see footer		<b>Lap Swim</b> 3 – 8pm		

\*Swim lessons at certain times of the year Mondays & Wednesdays please check the board in the lobby or call for more info

\*NEW FALL SCHEDULE IN EFFECT SEPTEMBER 26<sup>TH</sup> 2024