

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>CLASS SCHEDULE</u>	<u>CLASS SCHEDULE</u>	<u>CLASS SCHEDULE</u>	<u>CLASS SCHEDULE</u>	<u>CLASS SCHEDULE</u>	<u>CLASS SCHEDULE</u>	<u>CLASS SCHEDULE</u>
Yoga 9:00-10:00am		Yoga 9:00-10:00am		Yoga 9:00-10:00am		Hula Hoop Fitness 1st & 3rd Sundays 3-4pm
		Body Blast 4:30-5:30pm				
Chen Taijiquan 6:00-7:00pm						
	Yoga 6:00 – 7:00pm		Yoga 6:00 – 7:00pm			
<u>POOL CLASSES</u>	<u>POOL CLASSES</u>	<u>POOL CLASSES</u>	<u>POOL CLASSES</u>	<u>POOL CLASSES</u>	<u>POOL CLASSES</u>	<u>POOL CLASSES</u>
Water Aerobics 5:30 – 6:30 am		Water Aerobics 5:30 – 6:30 am		Water Aerobics 5:30 – 6:30 am	Lap Swim 10am- 1:30pm	Lap Swim 10am- 1:30pm
Lap Swim 8 – 9am	Lap Swim 8am – 6:30 pm	Lap Swim 8 – 9am	Lap Swim 8am – 6:30 pm		*Lap swimmers check party board	*Lap swimmers check party board
Water Aerobics 9 – 10am		Water Aerobics 9 – 10am		Water Aerobics 9 – 10am		
Lap Swim 10AM- 4PM		Lap Swim 10AM- 8PM		Lap Swim 10am – 7pm		
Family Swim 4-5PM					Family Swim 1:30 – 3pm	
Lap Swim 5 - 8pm *swim lessons see footer	Aquatic Interval Training 6:30 - 7:30pm	*swim lessons see footer	Aquatic Interval Training 6:30 - 7:30pm	*swim lessons see footer		Aquatic Interval Training 5 – 6pm

SCHEDULE