

Spring 2019

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday				
Small Pool	LG Pool	Small Pool	Large Pool	Small Pool	LG Pool	Small Pool	Large Pool	Small Pool	LG Pool	Small Pool	LG Pool			
											HydroBike 8:00am			
	Deep H2O 9:00am		Deep H2O 9:00am									Deep H2O 9:00am	Deep H2O 9:00am	HydroBike 8:00am
	Aquaticise 9:00am		Hydrobike 9:00am								Aquaticise 9:00am	Hydrobike 9:00am	Aquaticise 9:00am	Deep H2O Run 9:15am
Arthritis + 10:00am	MS 10:00am		Aquaticise 10:00am	Arthritis + 10:00am	MS 10:00am		Aquaticise 10:00am	Arthritis + 10:00am	MS 10:00am		Aquaticise 10:00am			
Arthritis 11:00am		Pilates 11:00am		Arthritis 11:00am		Pilates 11:00am		Arthritis 11:00am						
		Light Aquaticise 12:00pm				Light Aquaticise 12:00pm						Pilates 12:30pm		
		Deep H2O 5:30pm				HydroBike 5:30pm						Deep H2O 5:30pm	HydroBike 5:30pm	
Aquaticise 6:30pm		Pumped-Up Pilates 6:30pm		Aquaticise 6:30pm		Aquaticise 6:30pm								
				Moms 7:15pm										

Instructors are subject to change

Classes run 45 minutes regardless of start time