

Revised 5/15/2021

NAPERVILLE THERAPY POOL

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | | |
|---------|------------------------------------|------------------------------------|-------------------------------------|------------------------------------|-------------------------------------|------------------------------------|----------------------------------|---------|-------------------|---------|
| 5:00am | | | | | | CLOSED | | 5:00am | | |
| 5:30am | | | | | | | | 5:30am | | |
| 6:00am | | | | | | | | 6:00am | | |
| 6:30am | | | | | | | | 6:30am | | |
| 7:00am | OPEN 5am- 10am | OPEN 5am- 9:30am | OPEN 5:00am- 10:00am | OPEN 5am- | OPEN 5am-10am | | | | 7:00am | |
| 7:30am | | | | | | | | | 7:30am | |
| 8:00am | | | | | | | | | 8:00am | |
| 8:30am | | | | | | | | | 8:30am | |
| 9:00am | | WARM WATER WORKS | | WARM WATER WORKS | | | | | 9:00am | |
| 9:30am | | WARM WATER WORKS | | WARM WATER WORKS | | | | | 9:30am | |
| 10:00am | AI CHI | WARM WATER WORKS | YOQUA | WARM WATER WORKS | Stretch and Tone | | | 10:00am | | |
| 10:30am | WARM WATER WORKS | WARM WATER WORKS | WARM WATER WORKS | WARM WATER WORKS | WARM WATER WORKS | OPEN 7am-4pm | OPEN 7am - 2:30pm | 10:30am | | |
| 11:00am | WARM WATER WORKS | OPEN 11:15-12:15pm | WARM WATER WORKS | OPEN | WARM WATER WORKS | | | | | 11:00am |
| 11:30am | OPEN 11:30am- | | OPEN | | | | | | | 11:30am |
| 12:00pm | | WARM WATER WORKS | HYDRO FIT | WARM WATER WORKS | OPEN 11:30am- 2:00pm | | | | | 12:00pm |
| 12:30pm | | WARM WATER WORKS | HYDRO FIT | WARM WATER WORKS | | | | | | 12:30pm |
| 1:00pm | | | | | | | | | | 1:00pm |
| 1:30pm | STRETCH/CORE FUSION | | | | | | | | | 1:30pm |
| 2:00pm | VSB | | OPEN 1:00am - 6:30pm | | VSB | | | | | 2:00pm |
| 2:30pm | VSB | OPEN 1:15pm- 6:00pm | | OPEN 1:15pm- 6:00pm | VSB | | | | DON'T FEAR | 2:30pm |
| 3:00pm | | | | | | | | | | 3:00pm |
| 3:30pm | OPEN 3:00pm- 5:30pm | | | | | OPEN 3:00pm- 5:30pm | | | 3:30pm | |
| 4:00pm | | | | | | | | | 4:00pm | |
| 4:30pm | | | | | | | | | | 4:30pm |
| 5:00pm | | | | | | | | 5:00pm | | |
| 5:30pm | AQUA BOOTCAMP | | | | HYDRO PUMP | CLOSED | | 5:30pm | | |
| 6:00pm | AQUA BOOTCAMP | WARM WATER WORKS | | WARM WATER WORKS | HYDRO PUMP | | | | 6:00pm | |
| 6:30pm | H2O HEALTHY & FIT | WARM WATER WORKS | H2O HEALTHY & FIT | WARM WATER WORKS | H2O HEALTHY & FIT | | | | 6:30pm | |
| 7:00pm | H2O HEALTHY & FIT | | H2O HEALTHY & FIT | | H2O HEALTHY & FIT | | | | 7:00pm | |
| 7:30pm | OPEN | OPEN | OPEN | OPEN | OPEN | | | | 7:30pm | |

Starting June 1, 2021



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