

Revised 8/23/2021

# SEVEN BRIDGES THERAPY POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
5:00am						<b>CLOSED</b>		5:00am			
5:30am								5:30am			
6:00am								6:00am			
6:30am	<b>OPEN</b> 5am-10:00am	<b>OPEN</b> 5am-8:30am	<b>OPEN</b> 5am-10:00am	<b>OPEN</b> 5am-9:30am	<b>OPEN</b> 5am-10:00am			6:30am			
7:00am											7:00am
7:30am										7:30am	
8:00am										8:00am	
8:30am		<b>AQUATONIC</b>					8:30am				
9:00am		<b>AQUATONIC</b>					9:00am				
9:30am				<b>STRETCH n TONE</b>			9:30am				
10:00am	<b>ARTHRITIS</b>	<b>OPEN</b> 9:30 - 11:15	<b>ARTHRITIS</b> <b>ARTHRITIS</b>	<b>OPEN</b> 10-11:15	<b>ARTHRITIS</b> <b>ARTHRITIS</b>	<b>STRETCH n TONE</b>	10:00am				
10:30am	<b>ARTHRITIS</b>									10:30am	
11:00am	<b>OPEN</b>	11:15 FIBROMYALGIA	<b>OPEN</b> 11-12	11:15 FIBROMYALGIA	<b>OPEN</b>		11:00am				
11:30am	<b>AQUA MOVES</b>	/ ARTHRITIS 12:15			/ ARTHRITIS 12:15	<b>AQUA MOVES</b>		11:30am			
12:00pm	<b>AQUA MOVES</b>	12:15 AI CHI	<b>AQUA MOVES</b>	12:15 AI CHI	<b>AQUA MOVES</b>	<b>OPEN</b> 10:30am-4pm	12:00pm				
12:30pm	<b>YOQUA</b>		<b>STRETCH n TONE</b>		<b>YOQUA/STRETCH</b>			12:30pm			
1:00pm		<b>OPEN</b> 12:45pm-3pm		<b>OPEN</b> 12:45pm-3pm				1:00pm			
1:30pm									1:30pm		
2:00pm			<b>OPEN</b> 1pm-6pm		<b>OPEN</b> 1pm-9pm	<b>OPEN</b> 7am - 4pm	2:00pm				
2:30pm	<b>OPEN</b> 1pm - 6:00pm								2:30pm		
3:00pm		<b>H2O HEALTHY AND FIT</b>					<b>H2O HEALTHY AND FIT</b>		3:00pm		
3:30pm				<b>H2O HEALTHY AND FIT</b>				<b>H2O HEALTHY AND FIT</b>		3:30pm	
4:00pm							4:00pm				
4:30pm		<b>OPEN</b> 4pm - 6:00pm		<b>OPEN</b> 4pm- 6:00pm			4:30pm				
5:00pm							5:00pm				
5:30pm							5:30pm				
6:00pm	<b>H2O HEALTHY AND FIT</b>	<b>WARM WATER</b>	<b>H2O HEALTHY AND FIT</b>	<b>WARM WATER</b>		<b>CLOSED</b>	6:00pm				
6:30pm	<b>H2O HEALTHY AND FIT</b>	<b>SAMPLER</b>	<b>H2O HEALTHY AND FIT</b>	<b>SAMPLER</b>				6:30pm			
7:00pm								7:00pm			
7:30pm	<b>OPEN</b> 7:00-9:00pm	<b>OPEN</b> 7:00 - 9:00pm	<b>OPEN</b> 7:00-9:00pm	<b>OPEN</b> 7:00 - 9:00pm				7:30pm			
8:00pm											8:00pm
8:30pm											8:30pm

September 7 - January 2, 2022

September 7 - January 2, 2022





|

|

|

