

Revised 5/15/2021

SEVEN BRIDGES THERAPY POOL

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

Starting June 1, 2021



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