

REVISED BEGINS 5/30/2023

SEVEN BRIDGES LAP POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00am	OPEN		OPEN		OPEN	CLOSED		5:00am
5:30am	WAVES		WAVES		WAVES			5:30am
6:00am	WAVES	OPEN 5am- 8:30am	WAVES	OPEN 5am- 8:30am	WAVES	OPEN 6-7am		6:00am
6:30am	WAVES		WAVES		WAVES	OPEN		6:30am
7:00am	WAVES		WAVES		WAVES	6am - 8am		7:00am
7:30am	OPEN					OPEN	WAVES	
8:00am			OPEN 7:30 - 8:30		7:30-8:30am	WAVES		8:00am
8:30am	DYNAMIC DEEP	AQUATONIC	DEEP BLUE	HYDRO FITNESS	AQUATONIC	WAVES ends 9:15	WAVES	8:30am
9:00am	DYNAMIC DEEP	AQUATONIC	DEEP BLUE	HYDRO FITNESS	AQUATONIC	9:15 AQUA BOOTCAMP	9:15 AQUATONIC	9:00am
9:30am	OPEN	OPEN	OPEN	OPEN	WAVES	AQUA BOOTCAMP 10:15	AQUATONIC 10:15	9:30am
10:00am	WAVES	WAVES	WAVES	WAVES	WAVES	OPEN 10:15am - 6:00pm	OPEN 10:15am- 12:00am	10:00am
10:30am	WAVES	WAVES	WAVES	WAVES	WAVES		10:30am	
11:00am	OPEN	OPEN 11- 12:00	OPEN	OPEN 11-12:00	WAVES		11:00am	
11:30am	AQUA MOVES		AQUA MOVES		AQUA MOVES		11:30am	
12:00pm	AQUA MOVES	DYNAMIC DEEP	AQUA MOVES	AQUA FUSION	AQUA MOVES		12:00pm	
12:30pm		DYNAMIC DEEP	OPEN	AQUA FUSION			12:30pm	
1:00pm			DEEP HIIT				1:00pm	
1:30pm	OPEN 12:30pm - 5:30pm		DEEP HIIT				1:30pm	
2:00pm		OPEN 1:00- 5:00PM	OPEN 2:00pm- 5:30pm	OPEN 1:00pm- 5pm	OPEN 12:30pm- 4:30pm		2:00pm	
2:30pm							2:30pm	
3:00pm						3:00pm		
3:30pm						3:30pm		
4:00pm						4:00pm		
4:30pm					HYDRO FITNESS	4:30pm		
5:00pm		WAVES		WAVES	HYDRO FITNESS	5:00pm		
5:30pm	AQUA	WAVES	AQUA HIIT	WAVES		5:30pm		
6:00pm	BOOTCAMP	OPEN 6-7	AQUA HIIT	OPEN 6-7		6:00pm		
6:30pm						6:30pm		
7:00pm	OPEN 6:30pm- 10:00pm	WAVES	OPEN 6:30pm- 10:00pm	WAVES	OPEN 5:30- 10:00PM	7:00pm		
7:30pm		WAVES		WAVES		7:30pm		
8:00pm		OPEN 8-9PM		OPEN 8-10PM		8:00pm		
8:30pm						8:30pm		
9:00pm						9:00pm		
9:30pm						9:30pm		

WE GUARANTEE TWO LAP LANES ARE AVAILABLE FOR LAP SWIMMING EXCEPT DURING WAVES PRACTICE.

May 30 - September 3, 2023

Edward-Elmhurst
HEALTH & FITNESS CENTER

Healthy Driven

May 30 - September 3, 2023