

Revised 12/09/2022

SEVEN BRIDGES THERAPY POOL

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

January 2 - June 4, 2023



January 2 - June 4, 2023

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