

Revised 03/13/2023

# SEVEN BRIDGES THERAPY POOL

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

April 1 - May 28, 2023



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