

Revised 8/20/2020

SEVEN BRIDGES THERAPY POOL

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

Starting September 8, 2020



Starting September 8, 2020

6:00am
6:30am
7:00am
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