

Revised 8/18/2022

SEVEN BRIDGES THERAPY POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday					
5:00am						CLOSED		5:00am				
5:30am		OPEN 5am-8:30am						5:30am				
6:00am	OPEN 5am-		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							OPEN 7am-10am	OPEN 7am-6pm	8:00am			
8:30am		AQUATONIC						8:30am				
9:00am		AQUATONIC						9:00am				
9:30am		OPEN 9:30 - 11:15		STRETCH n TONE				9:30am				
10:00am	ARTHRITIS		ARTHRITIS		ARTHRITIS	STRETCH n TONE		10:00am				
10:30am	ARTHRITIS		ARTHRITIS	OPEN 10-11:15	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			12:30pm				
1:00pm		OPEN 12:45pm-3pm		OPEN 12:45pm-3pm		OPEN 10:30am-6pm	OPEN 7am - 6pm	1:00pm				
1:30pm										1:30pm		
2:00pm										2:00pm		
2:30pm	OPEN 1pm - 6:00pm		OPEN 12:15pm-6pm							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 - 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

September 6 - December 30, 2022



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