

Revised 2/4/2021

SEVEN BRIDGES LAP POOL

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | | | | | | |
|---------|-------------------------------|---------------------------|----------------------------|---------------------------|----------------------------|-------------------------|----------------------------|---------|---------|--------|--------|--------|------------------------|--------|
| 5:00am | | | | | | CLOSED | | 5:00am | | | | | | |
| 5:30am | OPEN 5am-8:30am | OPEN 5am-8:30am | OPEN 5am-11:30am | OPEN 5am-8:30am | OPEN 5am-11:30am | | | | 5:30am | | | | | |
| 6:00am | | | | | | | | | | | | 6:00am | | |
| 6:30am | | | | | | | | | | | | | 6:30am | |
| 7:00am | | | | | | | | | | | | OPEN | | 7:00am |
| 7:30am | | | | | | | | | | | | WAVES | OPEN 7am-4pm | 7:30am |
| 8:00am | | | | | | | | | | | WAVES | 8:00am | | |
| 8:30am | DYNAMIC DEEP | AQUATONIC | | FLUID DYNAMICS | | OPEN | | 8:30am | | | | | | |
| 9:00am | DYNAMIC DEEP | AQUATONIC | | FLUID DYNAMICS | | AQUA BOOTCAMP | | 9:00am | | | | | | |
| 9:30am | OPEN 9:30am-11:30am | OPEN | | | | AQUA BOOTCAMP | | 9:30am | | | | | | |
| 10:00am | | WAVES | | | | | | 10:00am | | | | | | |
| 10:30am | | WAVES | | | | | | 10:30am | | | | | | |
| 11:00am | | | | | | | | 11:00am | | | | | | |
| 11:30am | AQUA MOVES | | DEEP BLUE | | AQUA MOVES | OPEN 10am-4pm | | 11:30am | | | | | | |
| 12:00pm | AQUA MOVES | | AQUA MOVES | | AQUA MOVES | | | 12:00pm | | | | | | |
| 12:30pm | | OPEN 11am-8pm | | OPEN 9:30am-8pm | | | | | 12:30pm | | | | | |
| 1:00pm | | | | | | | | | | 1:00pm | | | | |
| 1:30pm | | | | | | | | | | 1:30pm | | | | |
| 2:00pm | | | | | | | | | | 2:00pm | | | | |
| 2:30pm | OPEN 12:30pm-8:00pm | | | | OPEN 12:30pm-5pm | | OPEN 12:30pm-8pm | | | 2:30pm | | | | |
| 3:00pm | | | | | | | | | | | | 3:00pm | | |
| 3:30pm | | | | | | | | | | 3:30pm | | | | |
| 4:00pm | | | | | | | | | | 4:00pm | | | | |
| 4:30pm | | | | | | | | | | 4:30pm | | | | |
| 5:00pm | | | | DYNAMIC DEEP | | | | | | | 5:00pm | | | |
| 5:30pm | | | DYNAMIC DEEP | | | | | 5:30pm | | | | | | |
| 6:00pm | | | | | | CLOSED | | 6:00pm | | | | | | |
| 6:30pm | | | | | | | | | 6:30pm | | | | | |
| 7:00pm | | | | | | | | | 7:00pm | | | | | |
| 7:30pm | | | | | | | | | 7:30pm | | | | | |

Starting on February 14, 2021



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