

Revised 1/20/2021

SEVEN BRIDGES THERAPY POOL

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

BEGINNING ON JANUARY 20, 2021

BEGINNING ON JANUARY 20, 2021



|

|

|