

8:30 PM

8:45 PM

Sat CLOSED

A Ministry	of FAI						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
5:00 AM	,		,	,	·		
5:15 AM							
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5:30 AM				Aller Aller			
5:45 AM			ARREST TO THE PARTY OF THE PART	\$1			
6:00 AM		· · · · · · · · · · · · · · · · · · ·					
6:15 AM		*******			*****	l ^{**}	
6:30 AM		The state of the s	Adult Only	Time In Therap	v Pool	*********	
6:45 AM		A STATE OF THE STA			41,001	f	
7:00 AM	Closed	**************************************	5:0	0am - 1:00pm	411	Assessment of the second	
7:15 AM			Ma	onday - Friday	744,	**********	
			IVIC	Jilday I I Iday			
7:30 AM		***************************************			7,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	in the second	
7:45 AM			,		Market Barrell		
8:00 AM		Alessa.	,	John John P	Transaction of the second		
8:15 AM			A see see		The said		Please Note:
8:30 AM			**				THERAPY POOL RULES
8:45 AM		Agua Zumba		Agua Tahata			
9:00 AM		Aqua-Zumba		Aqua-Tabata			This pool is for therapy,
9:15 AM		w/Velvet		w/Velvet			general exercise and LPC
		8:40-9:40		8:40-9:40			
9:30 AM							guided swim lessons.
9:45 AM							Reserved for participants
10:00 AM	U			A.		Aqua-Zumba	
10:15 AM			The state of the s			w/Velvet	ages 18 and older.
10:30 AM	N		American Vision of the Control of th	And the second	are y		Children 7 years and
10:45 AM	IV	71111			***********	10:00-11:00	
11:00 AM	-		··· Adı	ult Only Time	***************************************		younger only - must be
11:15 AM	D	********			-dimministra		accompanied by an
		***************************************	ı⊩ <u>In</u>	Therapy Pool	et en		adult in the water.
11:30 AM	A		»~ 5:00	0am - 1:00pm	~12************************************		addit iii tile water.
11:45 AM		-411111111	Hilly		***************************************		
12:00 PM	Y	****	IVIO	nday - Friday	North Control of the		Adult Only Swim
12:15 PM			***************************************		***************************************		Addit Offig Swiff
12:30 PM			***************************************	parties of the first	1.1		5am-1pm M-F
12:45 PM			****				Jani-Ipin Wi-i
1:00 PM	0					· · · · · · · · · · · · · · · · · · ·	
1:15 PM						Dool Dool	<u>Aqua-Zumba</u>
1:30 PM						Pool Deck	Move to fun music with a low-
						Cleaning	impact, high energy exercise
1:45 PM						(Pool Open)	blending dance moves in the water
2:00 PM						1-4pm	to create natural resistance.
2:15 PM							Results in less impact on your
2:30 PM	N					FRIDAYS	joints. Core toning combined with
2:45 PM						*pressure	_
3:00 PM						washer in use	muscle strengthening exercises
3:15 PM						on pool deck*	help you have a fun total-body
3:30 PM							routine.
						***************************************	l l
3:45 PM	V. V.				-		Aqua Tabata
4:00 PM							is an interval class with 20 seconds
4:15 PM							of intense exercise and 10 seconds
4:30 PM							
4:45 PM							of rest done in shallow water.
5:00 PM	M				1		
5:15 PM						Closed	Thank you, for keeping a
							close watch over your
5:30 PM							
5:45 PM							children.
6:00 PM							No Collabora Zona
6:15 PM							No Cellphone Zone.
6:30 PM			Cardio-Water		Cardio-Water		
6:45 PM							
7:00 PM			w/Dee		w/Dee		
	Closed		6:30-7:30		6:30-7:30	Pool Hou	rs of Operations
7:30 PM	Cioseu		0100-7100				
						Sun	9am-5:45 pm
7:45 PM					+	Mon-Thu	ırs 5am-8:45 pm
8:00 PM							· · · · · · · · · · · · · · · · · · ·
8:15 PM						Fri 5	iam-3:45 pm
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