AQUATIC CLASS SCHEDULE- 07/01/2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM	OPEN EXERCISE	OPEN EXERCISE	OPEN EXERCISE	OPEN EXERCISE	OPEN EXERCISE	CLOSED
6:15AM						
6:30AM						
6:45AM						
7:00AM						
7:15AM						
7:30AM						
7:45AM						
8:00AM						OPEN EXERCISE
8:15AM						
8:30AM	8:30 Rip Tide				8:30 Rip Tide	
8:45AM						
9:00AM			9:00 Rip Tide			9:00 Power Aerobics
9:15AM						
9:30AM		9:30 Water Aerobics		9:30 Water Aerobics		
9:45AM						
10:00AM	10:00 Rip Tide				10:00 Rip Tide	OPEN EXERCISE until 5:45pm
10:15AM						
10:30AM	O2 Physical Therapy for available appointments / OPEN EXERCISE	O2 Physical Therapy for available appointments / OPEN EXERCISE	O2 Physical Therapy for available appointments / OPEN EXERCISE	O2 Physical Therapy for available appointments / OPEN EXERCISE	O2 Physical Therapy for available appointments / OPEN EXERCISE	
10:45AM						
11:00AM						
11:15AM						
11:30AM						
11:45AM						
12:00						
12:15PM						
12:30PM						
12:45PM						
1:00PM						
1:15PM						
1:30PM						
1:45PM						
2:00PM						
2:15PM						
2:30PM						
2:45PM						
3:00PM						
3:15PM						
3:30PM		3:30 Water Aerobics		3:30 Water Aerobics	3:30 Water Aerobics	
3:45PM						
4:00PM						
4:15PM						
4:30PM						
4:45PM						
5:00PM						
5:15PM						
5:30PM	5:30 Water Aerobics	5:30 Water Aerobics	5:30 Water Aerobics	5:30 Water Aerobics	OPEN until 7:45pm	
5:45PM						
6:00PM						
6:15PM						
6:30PM	OPEN until 7:45pm	OPEN until 7:45pm	OPEN until 7:45pm	OPEN until 7:45pm		CLOSED
6:45PM						
8:00PM						