June 28 - September 2, 2022

June 28 - September 2, 2022																				
	SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY	
	STUDIO POOL	TURF	STUDIO	POOL	TURF	STUDIO	POOL	TURF	STUDIO	POOL	TURF	STUDIO	POOL	TURF	STUDIO	POOL	TURF	STUDIO	POOL	TURF
6:00AM-6:15AM 6:15AM-6:30AM																				
6:30AM-6:35AM																				
6:45AM-7:00AM																				
7:00AM-7:15AM																				
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8:00AM-8:15AM																				
8:15AM-8:30AM																				
8:30AM-8:45AM																				
8:45AM-9:00AM																				
9:00AM-9:15AM							AQUAFIT													
9:15AM-9:30AM 9:30AM-9:45AM					Small Group		9:00-9:45	Small Group			Small Group			Small Group			Small Group			
9:45AM-10:00AM					Training 9:00 - 11:00			Training 9:00 - 11:00			Training 9:00 - 11:00			Training 9:00 - 11:00			Training 9:00 - 11:00			
10:00AM-10:15AM					3.00 - 11.00			3.00 - 11.00			3.00 - 11.00			9.00 - 11.00			3.00 - 11.00			
10:15AM-10:30AM					45 min session			45 min session			45 min session			45 min session			45 min session			
10:30AM-10:45AM					Please Register			Please Register			Please Register			Please Register			Please Register			
10:45AM-11:00AM																				
11:00AM-11:15AM																				
11:15AM-11:30AM																				
11:30AM-11:45AM					Small Group			Small Group			Small Group			Small Group			Small Group			
11:45AM-12:00PM					Training			Training			Training			Training			Training			
12:00PM-12:15PM					11:15 - 1:15			11:15 - 1:15			11:15 - 1:15			11:15 - 1:15			11:15 - 1:15			
12:15PM-12:30PM			YOGA		45 min session	BARS & PLATES		45 min session	POWER YOGA		45 min session	BARS & PLATES		45 min session			45 min session			
12:30PM-12:45PM			12:15-12:45		Please Register	12:15-12:45		Please Register	12:15-12:45		Please Register	12:15-12:45		Please Register			Please Register			
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2:30PM-2:45PM					Training			Training			Training			Training			Training			-
2:45PM-3:00PM					2:00 - 4:00			2:00 - 4:00			2:00 - 4:00			2:00 - 4:00			2:00 - 4:00			
3:00PM-3:15PM																				
3:15PM-3:30PM					45 min session Please Register			45 min session Please Register			45 min session Please Register			45 min session Please Register			45 min session Please Register			
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4:30PM-4:45PM			CARDIO																+	
4:45PM-5:00PM			STRENGTH		Small Group			Small Group			Small Group	BARRE		Small Group	CYCLE FIT		Small Group			
5:00PM-5:15PM			4:30-5:15		Training 4:15 - 6:15			Training 4:15 - 6:15			Training 4:15 - 6:15	4:30-5:15		Training 4:15 - 6:15	4:30-5:15		Training 4:15 - 6:15			
5:15PM-5:30PM					4.13 0.13			4.13 0.13			4.15 0.15			4.13 0.13			4.13 0.13			
5:30PM-5:45PM					45 min session			45 min session	BARS and		45 min session			45 min session	ARRIBA		45 min session			
5:45PM-6:00PM					Please Register			Please Register	PLATES		Please Register			Please Register	5:30-6:00		Please Register			
6:00PM-6:15PM									5:30-6:15											
6:15PM-6:30PM				DEEP AQUAFIT		GENTLE YOGA							AQUAFIT							
6:30PM-6:45PM				6:15-7:00		6:00-7:00							6:15-7:00							
6:45PM-7:00PM					Small Group			Small Group			Small Group			Small Group						
7:00PM-7:15PM					Training			Training			Training			Training						
7:15PM-7:30PM					6:30 - 8:30			6:30 - 8:30			6:30 - 8:30			6:30 - 8:30		1				
7:30PM-7:45PM 7:45PM-8:00PM					45 min session			45 min session			45 min session			45 min session		1	<b>——</b>			
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