

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Masters Swim 5:45 - 7:00 am	Masters Swim 5:45 - 7:00 am	Masters Swim 5:45 - 7:00 am	Masters Swim 5:45 - 7:00 am	Masters Swim 5:45 - 7:00 am	Masters Swim 6:00 - 7:00am
	Masters Swim 8:00 - 9:00am		Masters Swim 8:00 - 9:00am		Masters Swim 8:00 - 9:00am	
		Group Fitness Strength 6:15 - 7:10 am		Group Fitness HIIT 6:15 - 7:10 am		Group Fitness: 7:00 - 7:55 am
Mid-Day	Masters Swim 12:00 - 1:15 pm	Masters Swim 12:00 - 1:15 pm	Masters Swim 12:00 - 1:15 pm	Masters Swim 12:00 - 1:15 pm	Masters Swim 12:00 - 1:15 pm	