

# SEVEN BRIDGES LAP POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:00am	OPEN		OPEN		OPEN	CLOSED		5:00am	
5:30am	WAVES		WAVES		WAVES			5:30am	
6:00am	WAVES	OPEN 5am- 8:30am	WAVES	OPEN 5am- 8:30am	WAVES			6:00am	
6:30am	WAVES		WAVES		WAVES			6:30am	
7:00am	WAVES		WAVES		WAVES	OPEN 6am - 8am		7:00am	
7:30am	OPEN 7:30 - 8:30		OPEN 7:30 - 8:30		OPEN 7:30-8:30am			WAVES	7:30am
8:00am						WAVES ends 9:15	WAVES	8:00am	
8:30am	DYNAMIC DEEP	AQUATONIC	DEEP BLUE	HYDRO FITNESS	AQUATONIC		WAVES	8:30am	
9:00am	DYNAMIC DEEP	AQUATONIC	DEEP BLUE	HYDRO FITNESS	AQUATONIC	9:15 AQUA BOOTCAMP	9:15 AQUATONIC	9:00am	
9:30am	OPEN	OPEN	OPEN	OPEN	WAVES	AQUA BOOTCAMP 10:15	AQUATONIC 10:15	9:30am	
10:00am	WAVES	WAVES	WAVES	WAVES	WAVES	OPEN 10:15am - 6:00pm	OPEN 10:15am- 12:00pm	10:00am	
10:30am	WAVES	WAVES	WAVES	WAVES	WAVES			10:30am	
11:00am	OPEN	OPEN 11am- 1:00pm	OPEN	OPEN 11am- 1:00pm	WAVES		11:00am		
11:30am	AQUA MOVES		AQUA MOVES		AQUA MOVES		11:30am		
12:00pm	AQUA MOVES		AQUA MOVES		AQUA MOVES		RIPPLES	12:00pm	
12:30pm							RIPPLES	12:30pm	
1:00pm		DEEP HIIT		AQUA FUSION			STROKE CLINIC	1:00pm	
1:30pm	OPEN 12:30pm - 5:30pm	DEEP HIIT	OPEN 12:30pm- 5:30pm	AQUA FUSION	OPEN 12:30pm- 4:30pm		STROKE CLINIC	1:30pm	
2:00pm									
2:30pm			OPEN 2:00- 5:00pm						
3:00pm									
3:30pm								OPEN 1:45 - 6pm	
4:00pm									
4:30pm		WAVES		WAVES	HYDRO FITNESS				
5:00pm				WAVES	HYDRO FITNESS				
5:30pm	AQUA	WAVES	AQUA HIIT	WAVES					
6:00pm	BOOTCAMP	OPEN 6-7	AQUA HIIT	OPEN 6-7		CLOSED at 6pm	6:00pm		
6:30pm								6:30pm	
7:00pm	OPEN 6:30pm- 10:00pm	WAVES	OPEN 6:30pm- 10:00pm	WAVES	OPEN 5:30- 10:00pm		7:00pm		
7:30pm		WAVES		WAVES			WAVES	7:30pm	
8:00pm				OPEN 8-10pm			OPEN 8-10pm		8:00pm
8:30pm									8:30pm
9:00pm							9:00pm		
9:30pm							9:30pm		

WE GUARANTEE TWO LAP LANES ARE AVAILABLE FOR LAP SWIMMING EXCEPT DURING WAVES PRACTICE.

June 3 - September 1, 2024



**Endeavor Health**  
Fitness & Wellness Center

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