

# 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			7:00am
7:30am	OPEN 7:30-8:30		OPEN 7:30-8:30		OPEN 7:30-8:30am	WAVES	6am - 8am	7:30am
8:00am						WAVES	WAVES	8:00am
8:30am	DYNAMIC DEEP	AQUATONIC	DEEP BLUE	HYDRO FITNESS	AQUATONIC	WAVES ends 9:15	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		12:00pm	
12:30pm							12:30pm	
1:00pm		DEEP HIIT	OPEN 12:30pm- 5:30pm	AQUA FUSION	OPEN 12:30pm- 4:30pm		1:00pm	
1:30pm	OPEN 12:30pm - 5:30pm	DEEP HIIT		AQUA FUSION			1:30pm	
2:00pm		OPEN 2:00- 5:00pm					1:45 - 3:00pm	2:00pm
2:30pm				WAVES	2:30pm			
3:00pm				WAVES	3:00pm			
3:30pm					3:30pm			
4:00pm						4:00pm		
4:30pm					HYDRO FITNESS	OPEN 4:00pm - 6:00pm	4:30pm	
5:00pm		WAVES		WAVES	HYDRO FITNESS		5:00pm	
5:30pm	AQUA	WAVES	AQUA HIIT	WAVES			5:30pm	
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	7:00pm			
7:30pm		WAVES		WAVES	7:30pm			
8:00pm					OPEN 8-10pm		8:00pm	
8:30pm				OPEN 8-10pm			8:30pm	
9:00pm							9:00pm	
9:30pm					9:30pm			

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

September 3 - January 5, 2025



**Endeavor Health**  
Fitness & Wellness Center

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