

# Lap Lane Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM							
5:30 AM							
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM	AQUA FIT 8:30-9:15		AQUA FIT 8:30-9:15		AQUA POWER 8:30-9:15		AQUA FIT 8:45-9:30
9:00 AM	AQUA FIT 8:30-9:15	AQUA FIT 9:00-9:45	AQUA FIT 8:30-9:15	AQUA FIT 9:00-9:45	AQUA POWER 8:30-9:15	SWIM TEAM 9:00-9:45	AQUA FIT 8:45-9:30
9:30 AM	AQUA FIT 8:30-9:15	AQUA FIT 9:00-9:45	AQUA FIT 8:30-9:15 ATHLETIC AQUA 9:20- 10:05	AQUA FIT 9:00-9:45	AQUA POWER 8:30-9:15	SWIM TEAM 9:00-9:45 AQUA FIT 9:30-10:15	
10:00 AM		AQUA FIT 9:00-9:45	AQUA FIT 10:15-11:00	AQUA FIT 9:00-9:45		AQUA FIT 9:30-10:15	
10:30 AM			AQUA FIT 10:15-11:00			AQUA FIT 9:30-10:15 SWIM TEAM 10:15-12:00	
11:00 AM						SWIM TEAM 10:15-12:00	
11:30 AM						SWIM TEAM 10:15-12:00	
12:00 PM		AQUA H.E.A.T 12:00-12:45			AQUA FIT 12:00-12:45		
12:30 PM		AQUA H.E.A.T 12:00-12:45			AQUA FIT 12:00-12:45		
1:00 PM	AQUA ARTHRITIS 1:00-1:45	AQUA H.E.A.T 12:00-12:45		AQUA POWER 1:00-1:30	AQUA FIT 12:00-12:45		
1:30 PM	AQUA ARTHRITIS 1:00-1:45			AQUA POWER 1:00-1:30			
2:00 PM	AQUA ARTHRITIS 1:00-1:45			AQUA POWER 1:00-1:30			
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM						RESERVED 4:00-6:00	RESERVED 4:00-6:00
4:30 PM						RESERVED 4:00-6:00	RESERVED 4:00-6:00
5:00 PM	SWIM TEAM 5:15-8:00	SWIM TEAM 5:15-8:00	SWIM TEAM 5:15-8:00	SWIM TEAM 5:15-8:00		RESERVED 4:00-6:00	RESERVED 4:00-6:00
5:30 PM	SWIM TEAM	SWIM TEAM	SWIM TEAM	SWIM TEAM		RESERVED 4:00-6:00	RESERVED 4:00-6:00
6:00 PM	SWIM TEAM	SWIM TEAM	SWIM TEAM	SWIM TEAM			
6:30 PM	SWIM TEAM	SWIM TEAM	SWIM TEAM	SWIM TEAM			
7:00 PM	SWIM TEAM	SWIM TEAM	SWIM TEAM	SWIM TEAM			
7:30 PM	SWIM TEAM 5:15-8:00	SWIM TEAM 5:15-8:00	SWIM TEAM 5:15-8:00	SWIM TEAM 5:15-8:00			
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							