

workout
beyond fitness.



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
5AM- 3:45PM OPEN	5AM- 3:45PM OPEN	OPEN 5AM- 9:30PM	OPEN 5AM- 9:30PM	OPEN 5AM- 8:30PM	OPEN 6AM- 5:30PM	6AM- 9:25AM OPEN
3:45PM- 6:45PM SWIM LESSONS	3:45PM- 5:25PM SWIM LESSONS					9AM- 11:55AM SWIM LESSONS
6:45PM- 9:30PM OPEN	5:25PM- 9:30PM OPEN					11:55AM- 5:30PM OPEN

