

Lap Pool Schedule

Lap Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:30am-9:30am	Open Swim *Pool is available for Lap Swimmers	Open Swim Lap Swimmers	Open Swim Lap Swimmers	Open Swim Lap Swimmers	Open Swim Lap Swimmers	7.00am-10:00am	Open Swim *Pool is available for Lap Swimmers	Open Swim Lap Swimmers
9.30am	H2O Splash Nancy	Step Tubular!! New!! Jennifer	H2O Splash Philly	Cardio Blast! Jennifer	H2O Splash Nancy	10.00am	Cardio Blast! Team	'Anything Goes!' Nancy
10.30am	Open Swim *Pool is available for Lap Swimmers	Body Splash Boot Camp Jenn/Karen	Open Swim Lap Swimmers	Body Splash Boot Camp Jenn/Karen	Open Swim Lap Swimmers	11:00am	Open Swim *Pool is available for Lap Swimmers	Open Swim Lap Swimmers
11:15am		Open Swim Lap Swimmers		Open Swim Lap Swimmers				
12.00pm	OS Lap Swimming	OS Lap Swimming	OS Lap Swimming	OS Lap Swimming	OS Lap Swimming	11.00am	OS Lap Swimming	OS
5.00pm	*at 5:50pm Aquatics Group Ex uses pool until 7:00pm Mon-Thurs	OS *1 lap lane available during aquatic class time	OS	OS	OS	5.00pm	Last Lap call at 4:45pm	Last Lap call at 4:45pm
6.00pm	Cardio Blast! Nancy	Bands & Bars- Total Cardio Toning Experience! Nancy	Cardio Aqua Cycling Nancy	Step Tubular!! New!! Nancy	Open Swim No class on Friday evening			
7:00pm								
7.30pm	Open Swim Last Lap call at 8:45pm	OS		OS	OS			

LES MILLS

REVISED

3:07 pm, Jan 11, 2010