

Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am	Lap swim	Lap swim		Lap swim	Lap swim		
6:30 am	5:30 - 6:30	5:30 - 6:30		5:30 - 6:30	5:30 - 6:30		
7:30 am	Open Exercise 6:45 - 7:45	Open Exercise 6:45 - 7:45	Open Exercise 6:45 - 7:45	Open Exercise 6:45 - 7:45	Open Exercise 6:45 - 7:45	Open Exercise 7:00 - 8:00	
8:30 am	Burdenko H2O 8:00 to 8:45	Group Training H2O 8:00 to 8:45	Burdenko H2O 8:00 to 8:45	Group Training H2O 8:00 to 8:45	Burdenko H2O 8:00 to 8:45	Water Interval 8:15 - 9:00	Open Exercise 8:00 - 9:00
9:30 am	AquaFit 9:15 to 10:00	Burdenko H2O 9:15 to 10:00	AquaFit 9:15 to 10:00	Burdenko H2O/Flow H2O 9:15 to 10:00	AquaFit/Energy Movement 9:15 to 10:00	AquaFit 9:15 to 10:00	
10:30 am	Open Exercise 10:00 - 11:00	Open Exercise 10:00 - 11:00	Open Exercise 10:00 - 11:00	Open Exercise 10:00 - 11:00	Open Exercise 10:00 - 11:00	Open Exercise 10:00 - 11:00	Burdenko H2O 10:15 - 11:00
11:30 am	Open Exercise 11:00 - 12:00	Open Exercise 11:00 - 12:00	Open Exercise 11:00 - 12:00	Open Exercise 11:00 - 12:00	Open Exercise 11:00 - 12:00	Open Exercise 11:00 - 12:00	Lap swim 11:15 - 12:15
12:30 pm	Lap swim 12:00 - 1:00	Lap swim 12:00 - 1:00	Lap swim 12:00 - 1:00	Lap swim 12:00 - 1:00	Lap swim 12:00 - 1:00	Open Exercise 12:00 - 1:00	
1:30 pm	Open Exercise 1:00 - 2:00	Open Exercise 1:00 - 2:00	Open Exercise 1:00 - 2:00	Open Exercise 1:00 - 2:00	Open Exercise 1:00 - 2:00	Flow H2O 1:15 - 2:00	Cardio H2O 12:30 - 1:15
2:30 pm	Open Exercise 2:00 - 3:00	BurdenkoFIT 2:15 - 3:00	Open Exercise 2:00 - 3:00	BurdenkoFIT 2:15 - 3:00	Open Exercise 2:00 - 3:00		Open Exercise 1:30 - 2:30
3:30 pm	Open Exercise 3:00 - 4:00	Open Exercise 3:00 - 4:00	Open Exercise 3:00 - 4:00	Open Exercise 3:00 - 4:00	Open Exercise 3:00 - 4:00	Lap swim 2:15 - 3:45	Open Exercise 2:30 - 3:30
4:30 pm	Open Exercise 4:00 - 5:00	Open Exercise 4:00 - 5:00	Open Exercise 4:00 - 5:00	Open Exercise 4:00 - 5:00	Open Exercise 4:00 - 5:00		
5:30 pm	Burdenko H2O 5:00 to 5:45	Power Water 5:00 - 5:45	Burdenko H2O 5:00 to 5:45	Power Water 5:00 - 5:45	Burdenko H2O 5:00 to 5:45		
6:30 pm	Open Exercise 5:45 - 6:45	Lap swim 5:45 - 6:45	Open Exercise 5:45 - 6:45	Lap swim 5:45 - 6:45	Open Exercise 5:45 - 6:45		
7:30 pm							



Sign up online by scan
the QR code, where
you can also explore
our website for more
information on what
we offer

Join us!
AT THE
pool