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Schedule From September 3rd, 2024 - December 13th, 2024

	<u>Mondays</u>	<u>Tuesdays</u>	<u>Thursdays</u>	<u>Saturdays</u>	<u>Sundays</u>
Blue	6:15-6:45 PM Strength & Conditioning 6:45-8:00 PM Splash Pool	5:45-6:00 PM Dynamics/Self-Care 6:00-7:30 PM Splash Pool	5:45-6:00 PM Dynamics/Self-Care 6:00-7:30 PM Splash Pool	10:15-11:00 AM Strength & Conditioning 11:00-12:30 PM Fitness Pool	8:45-9:00 AM Dynamics/Self-Care 9:00-10:15 AM Crossroads Pool
Gold	3:45-4:00 PM Dynamics/Self-Care 4:00-5:00 PM Fitness Pool	5:45-6:00 PM Dynamics/Self-Care 6:00-6:45 PM Splash Pool	5:45-6:00 PM Dynamics/Self-Care 6:00-6:45 PM Splash Pool	10:15-11:00 AM Strength & Conditioning 11:00-12:00 PM Fitness Pool	11:00-11:15 AM Dynamics/Self-Care 11:15-12:00 AM Crossroads Pool
White	4:45-5:00 PM Dynamics/Self-Care 5:00-6:00 PM Fitness Pool	6:30-6:45 PM Dynamics/Self-Care 6:45-8:00 PM Splash Pool	6:30-6:45 PM Dynamics/Self-Care 6:45-8:00 PM Splash Pool	10:15-11:00 AM Strength & Conditioning 11:00-12:15 PM Fitness Pool	10:00-10:15 AM Dynamics/Self-Care 10:15-11:15 AM Crossroads Pool