

INDOOR HYDRO POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am							
6.30am							
7.00am							
7.30am							
8.00am		NO ACCESS Aqua Fit 8:00am-9:00am				NO ACCESS LTS Program 8:00am-1:00pm	NO ACCESS LTS Program 8:00am-12:00pm
8.30am							
9.00am	NO ACCESS Aqua Fit 9:00am-10:00am	1 Lane Open LTS Program 9:00am – 11:00am					
9.30am					NO ACCESS Aqua Fit 9:30am-10:30am		
10.00am							
10.30am							
11.00am			NO ACCESS Aqua Fit 11:00am - 12:00pm	NO ACCESS Aqua Fit 11:00am - 12:00pm			
11.30am							
12.00pm							
12.30pm							
1.00pm							
1.30pm							
2.00pm							
2.30pm							
3.00pm							
3.30pm	NO ACCESS LTS Program 3:15pm – 7:00pm	NO ACCESS LTS Program 3:15pm – 7:00pm	NO ACCESS LTS Program 3:15pm – 7:00pm	NO ACCESS LTS Program 3:15pm – 7:00pm	NO ACCESS LTS Program 3:15pm – 7:00pm		
4.00pm							
4.30pm							
5.00pm							
5.30pm							
6.00pm							
6.30pm							
7.00pm							
7.30pm	NO ACCESS Aqua Fit 7:15pm-8:00pm		NO ACCESS Aqua Fit 7:15pm-8:00pm				
8.00pm							