

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Open Swim 7AM-9AM -	Open Swim 7AM-9AM -	Open Swim 7AM-5PM -	Open Swim 7AM-9AM -	Open Swim 7AM-5PM -	Open Swim 7AM-9AM -
Open Swim 10AM-8PM -	Open Swim 10AM-5PM -	Open Swim 6PM-8PM -	Open Swim 10AM-5PM -	Open Swim 6PM-8PM -	Open Swim 10AM-5PM -
Aqua Gym 9:00 AM Maricel	Open Swim 6PM-8PM -	3 / 15 Aqua 9:00 AM Chaima	Open Swim 6PM-8PM -	Aqua Tabata 9:00 AM Chaima	Open Swim 6PM-8PM -
	Aqua Kick Boxing 9:00 AM Maricel	Aqua Tabata 5:00 PM Maricel	Aqua Whole Body 9:00 AM Maricel	3 / 15 Aqua 5:00 PM Maricel	Water in Motion 9:00 AM Maricel
	Aqua Whole Body 5:00 PM Maricel		Water in Motion 5:00 PM Maricel		Aqua Kick Boxing 5:00 PM Maricel

- LOW INTENSITY
- MEDIUM INTENSITY
- HIGH INTENSITY