Louisville Aquatics PROGRAM POOL Nov. 16 - 22

LANES	MONDAY 1	MONDAY 2	MONDAY 3	MONDAY 4	TUESDAY 1	TUESDAY 2	TUESDAY 3	TUESDAY 4	WEDNESDAY 1	WEDNESDAY 2	WEDNESDAY 3	WEDNESDAY 4	THURSDAY 1	THURSDAY 2	THURSDAY 3	THURSDAY 4	FRIDAY 1	FRIDAY 2	FRIDAY 3	FRIDAY 4	SATURDAY 1	SATURDAY 2	SATURDAY 3	SATURDAY 4	SUNDAY 1	SUNDAY 2	SUNDAY 3	SUNDAY 4	LANES
5:30 AM																													5:45 AM
6:00 AM	LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE												6:00 AM
7:00 AM	LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE				7:00 AM
8:00 AM	LAP SWIM WATER EXERCISE				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN								LAP SWIM WATER EXERCISE				8:00 AM
9:00 AM	AQUAFIT COMBO MARGIE				AERO DEEP MARY				LAP SWIM EXERCISE PRIVATE LSSN				AERO DEEP MARY				LAP SWIM EXERCISE PRIVATE LSSN				GROUP SWIM LESSONS					MINIS			9:00 AM
10:00 AM	LAP SWIM WATER EXERCISE				WATER RUNNING NANCY				AQUA ZUMBA LAURA				WATER RUNNING NANCY				AQUAFIT COMBO HAWK												10:00 AM
11:00AM	LAP SWIM WATER EXERCISE								LAP SWIM EXERCISE PRIVATE LSSN								LAP SWIM WATER EXERCISE												11:00 AM
12:00 PM	DEEP AEROBICS MARY				HIIT AQUAFIT HAWK				LAP SWIM EXERCISE PRIVATE LSSN				AQUA ZUMBA LAURA				DEEP AEROBICS MARGIE												12:00 PM
1:00 PM	LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN				LIFEGUARD TRAINING				LIFEGUARD TRAINING				1:00 PM
2:00 PM	LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN												2:00 PM
3:00 PM	LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN												3:00 PM
4:00 PM	LAP SWIM EXERCISE PRIVATE LSSN								LAP SWIM EXERCISE PRIVATE LSSN								LAP SWIM EXERCISE PRIVATE LSSN												4:00 PM
5:00 PM	RISE WATER POLO				GROUP SWIM LESSONS				MINI				GROUP SWIM LESSONS						GROUP SWIM LESSONS		Close 4:45pm				Close 4:45pm				5:00 PM
6:00 PM									$WATER MAT YOGA$																				6:00 PM
7:00 PM	LAP SWIM EXERCISE PRIVATE LSSN								DEEP AEROBICS HAWK																				7:00 PM
8:00 PM																													8:00 PM
9:00 PM	Close 8:00pm				Close 8:00PM				Close 8:00PM				Close 8:00PM				Close 6:45pm												9:00 PM

Color Key:

- LAP SWIM WATER EXERCISE
- GROUP LESSONS
- WATER AEROBICS CLASSES
- OPEN SWIM
- Private Minis