

Louisville Aquatics PROGRAM POOL Nov 18 - 24

		MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY									
LANES		1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	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					7:00 AM								
8:00 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					8:00 AM								
9:00 AM		AQUAFIT COMBO DONNA				AERO DEEP MARY				LAP SWIM WATER EXERCISE				AERO DEEP MARY				LAP SWIM WATER EXERCISE				GROUP LESSONS				LAP SWIM WATER EXERCISE					9:00 AM				
10:00 AM		LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE				AQUA ZUMBA LAURA				LAP SWIM WATER EXERCISE				GENTLE AQUA RAIN								LAP SWIM WATER EXERCISE					10:00 AM				
11:00 AM		LAP SWIM WATER EXERCISE				\$RIVER RUNNING\$ MARY				GENTLE AQUA RAIN				\$RIVER RUNNING\$ MARY				LAP SWIM WATER EXERCISE								LAP SWIM WATER EXERCISE					11:00 AM				
12:00 PM		AERO DEEP MARY				AERO HIIT Jenny				HIIT AQUA RAIN				AQUA ZUMBA LAURA				AERO DEEP MARGIE								DANCE IN THE WATER LAURA					12:00 PM				
1:00 PM		LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE								LAP SWIM EXERCISE MINIS				LAP SWIM WATER EXERCISE													1:00 PM				
2:00 PM		LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE				LAP SWIM EXERCISE MINIS				LAP SWIM EXERCISE MINIS				LAP SWIM WATER EXERCISE				LG CLASS				LG CLASS					2:00 PM				
3:00 PM		LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE				LAP SWIM EXERCISE MINIS				LAP SWIM EXERCISE MINIS				LAP SWIM WATER EXERCISE													3:00 PM				
4:00 PM		LAP SWIM EXERCISE MINIS								LAP SWIM EXERCISE MINIS								LAP SWIM WATER EXERCISE													4:00 PM				
5:00 PM		LAP SWIM EXERCISE MINIS				GROUP LESSONS				LAP SWIM EXERCISE MINIS				GROUP LESSONS				GROUP LESSONS													5:00 PM				
6:00 PM		AERO DEEP DANA								AERO DEEP MARGIE																									6:00 PM
7:00 PM		LAP SWIM EXERCISE MINIS				LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE																	7:00 PM				
8:00 PM																															8:00 PM				
9:00 PM		Closed				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