

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday					
5:30 AM	Lap Swim 5:30-7:30 AM	Lap Swim 5:30-7:30 AM	Lap Swim 5:30-7:30 AM	Lap Swim 5:30-7:30 AM	Lap Swim 5:30-7:30 AM	Pool Opens at 7:00 AM	Pool Opens at 8:00 AM					
7:00 AM								Open Exercise 7:00-9:00 AM				
7:30 AM	Open Exercise 7:30-8:00 AM	Open Exercise** 7:30-9:00 AM	Open Exercise 7:30-9:00 AM	Open Exercise** 7:30-9:00 AM	Open Exercise 7:30-9:00 AM		Open Exercise 8:00-10:00 AM					
8:00 AM	Burdenko H2O 8:00-8:45 AM											
9:00 AM	AQUAFIT/Zumba 9:00-9:45 AM	Burdenko H2O 9:00-9:45 AM	AQUAFIT/Zumba 9:00-9:45 AM	Burdenko H2O 9:00-9:45 AM	AQUAFIT 9:00-9:45 AM	Water INTERVAL 9:00-9:45 AM						
10:00 AM	Open Exercise 9:45 AM-12:00 PM	Open Exercise 9:45 AM-12:00 PM	Open Exercise 9:45 AM-12:00 PM	Open Exercise 9:45 AM-12:00 PM	Open Exercise 9:45 AM-12:00 PM	Open Exercise 9:45 AM-1:00 PM	Burdenko H2O 10:00-10:45 AM					
11:00 AM							Lap Swim 11:00 AM-12:00 PM					
12:00 PM	Lap Swim 12:00-1:00 PM	Lap Swim 12:00-1:00 PM	Lap Swim 12:00-1:00 PM	Lap Swim 12:00-1:00 PM	Lap Swim 12:00-1:00 PM		Family Swim* 12:00-2:00 PM					
1:00 PM	Open Exercise 1:00-7:15 PM	Open Exercise 1:00-6:30 PM	Open Exercise 1:00-4:30 PM	Open Exercise 1:00-6:30 PM	Open Exercise 1:00-4:30 PM	Lap Swim 1:00-3:30 PM	Mashpee Rec Swim Lessons & Limited Open Exercise 2:00-3:30 PM					
2:00 PM												
3:30 PM											Pool Closes at 3:30 PM	Pool Closes at 3:30 PM
4:30 PM								Burdenko H2O 4:30-5:15 PM		Burdenko H2O 4:30-5:15 PM	www.mashpeefitness.com The pool is closed during class times. Call after 7am to sign up for pool classes EXCEPT call after 9am for Sunday's pool class. No open exercise during lap swim. *Family Swim-\$10 per non-member Kindergarteners & older, all children must be accompanied by an adult. **There is Group Training in the pool Tues/Thurs 8-9am. The pool is open but space may be limited.	
5:30 PM		Open Exercise 5:15-7:30 PM		Open Exercise 5:15-7:15 PM								
6:30 PM		POWER Water 6:30-7:15 PM	Cardio H2O 6:30-7:15 PM									
7:15 PM	Lap Swim 7:15-8:30 PM	Lap Swim 7:15-8:30 PM	Private Swim Clinic 7:30-8:30 PM	Lap Swim 7:15-8:30 PM	Lap Swim 7:15-8:30 PM							
8:30 PM	Pool closes at 8:30 PM	Pool closes at 8:30 PM	Pool closes at 8:30 PM	Pool closes at 8:30 PM	Pool closes at 8:30 PM		508-477-6128					