

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Lap Swim 5:30-7:00 AM	Lap Swim 5:30-7:00 AM	Lap Swim 5:30-7:00 AM	Lap Swim 5:30-7:00 AM	Lap Swim 5:30-7:00 AM	Pool Opens at 7:00 AM	Pool Opens at 8:00 AM
7:00 AM	Open Exercise 7:00-8:00 AM	Open Exercise** 7:00-9:00 AM	Open Exercise 7:00-9:00 AM	Open Exercise** 7:00-9:00 AM	Open Exercise 7:00-9:00 AM	Open Exercise 7:00-9:00 AM	
7:30 AM							
8:00 AM	Burdenko H2O 8:00-8:45 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	Open Exercise 8:00-10:00 AM
9:00 AM	AQUAFIT/Zumba 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	Lap Swim 1:00-3:30 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		Pool Closes at 3:30 PM
2:00 PM							
3:30 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	Pool Closes at 3:30 PM	Pool Closes at 3:30 PM
4:30 PM							
5:30 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	Pool Closes at 3:30 PM	Pool Closes at 3:30 PM
6:30 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	www.mashpeefitness.com The pool is closed during class times. Members must register in advance for all pool and spin classes online or through the MF app. 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.	
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	