

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
<b>5:30 AM</b>	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				
<b>7:00 AM</b>								Open Exercise 7:00-9:00 AM			
<b>7:30 AM</b>	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				
<b>8:00 AM</b>	Burdenko H2O 8:00-8:45 AM										
<b>9:00 AM</b>	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					
<b>10:00 AM</b>	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				
<b>11:00 AM</b>							Lap Swim 11:00 AM-12:00 PM				
<b>12:00 PM</b>	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				
<b>1:00 PM</b>	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	Open Exercise 2:00-3:30 PM				
<b>2:00 PM</b>											
<b>3:30 PM</b>											Pool Closes at 3:30 PM
<b>4:30 PM</b>								Burdenko H2O 4:30-5:15 PM		Burdenko H2O 4:30-5:15 PM	<b>www.mashpeefitness.com</b> The pool is closed during class times. Call after 7am to sign up for pool classes <b>EXCEPT</b> 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.
<b>5:30 PM</b>		Open Exercise 5:15-7:30 PM		Open Exercise 5:15-7:15 PM							
<b>6:30 PM</b>		POWER Water 6:30-7:15 PM	Cardio H2O 6:30-7:15 PM								
<b>7:15 PM</b>	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						
<b>8:30 PM</b>	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		<b>508-477-6128</b>				