

TIME	SPINE POOL SCHEDULE (November 7 - November 24)							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6am		Open 5:30AM Mon-Fri			Open 5:30AM Mon-Fri			
7am				H2O Pi-Yo (6:45-7:30am) Madi			Open 7AM Sat	
8am			CLOSED for Physical Therapy (7:30-12pm)		CLOSED for Physical Therapy (7:30-12pm)			
9am	Open 9AM Sun	Ai Chi (9:05-9:45am) Kathie				Ai Chi (9:05-9:45am) Kathie		
10am		Joints in Motion (10:05-10:45am) Debbie		Joints in Motion (10:05-10:45am) Madi		Aqua Yoga (10:05-10:45am) Kathie		
11am								
12pm		CLOSED for Physical Therapy (12-5pm)	Stretch & Tone (12:15-1pm) Shawn	CLOSED for Physical Therapy (12-5pm)	Stretch & Tone (12:15-1pm) Laurie (Begins 11/14)	CLOSED for Physical Therapy (12-5pm)		
1pm	Friends & Family (1-2:30pm)							
2pm								
3pm	Closed 3:45PM Sun						Friends & Family (2-3:30pm)	
4pm								
5pm							Closed 3:45PM Sat	
6pm			Stretch & Tone (6:30-7:15pm) Madi		Stretch & Tone (6:30-7:15pm) Mallori			
7pm						Friends & Family (7-8:30pm)		
8pm								
9pm		Closed 9:15PM Mon-Fri		Closed 9:15PM Mon-Fri		Closed 9:15PM Mon-Fri		
		Closed						

- Blank/White= Open for members
  - Yellow = Class in shallow end - Members may use deep end
  - Red = Closed for physical therapy
- Questions? Contact [Madison.Barry@ascension.org](mailto:Madison.Barry@ascension.org)