

Outdoor Pool Schedule — July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		5:30a - 8:50a Open Swim		5:30a - 8:50a Open Swim			
7a - 7:45p Open Swim	5:30a - 12:20p Open Swim	9:00a - 9:50a Aqua Moves (Heidi)	5:30a - 10:35a Open Swim	9:00a - 9:50a Aqua Moves (Lisa)	6:30a - 10:35a Open Swim	7a - 9:20a Open Swim	
		10:00a - 10:50a HiLoH2O (Heidi)				10:00a - 10:50a HiLoH2O (Lisa)	
			10:45a - 11:30a Aqua Moves (Heidi)	11:00a - 1:45p Open Swim	10:45a - 11:30a Fluid Moves (Jayme)	11:40a - 1:45p Open Swim	10:40a - 7:45p Open Swim
		12:45p - 1:45p Fluid Joints (Heidi)	11:40a - 12:35p Open Swim		11:00a - 1:45p Open Swim		
		12:45p - 1:45p Fluid Joints (Mary)					
	2p - 3p Pinnacle Closed for Cleaning						
		3:00p - 4:20p Open Swim	3:00p - 4:20p Open Swim	3:00p - 4:20p Open Swim		3:00p - 7:45p Open Swim	
		4:30p - 5:20p HiLoH2O (Heidi)	4:30p - 5:20p HiLoH2O (Jayme)	4:30p - 5:20p HiLoH2O (Jayme)			
		5:30p - 6:20p HiLoH2O (Lynn)	5:30p - 6:20p Aqua Intervals (Heidi)	5:30p - 6:20p HiLoH2O (Jayme)	5:30p - 6:20p Aqua Intervals (Jayme)		
		6:30p - 7:45p Open Swim	6:30p - 7:45p Open Swim	6:30p - 7:45p Open Swim	6:30p - 7:45p Open Swim		

Questions? Email cynthia@phfitness.com or jayme@phfitness.com