

Warm Water Schedule: Effective May 28, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00a - 4:20p Open Swim	5:00a - 12:50p Open Swim	5:00a - 9:50a Open Swim	5:00a - 9:50a Open Swim	5:00a - 9:50a Open Swim	5:00a - 9:50a Open Swim	5:00a - 8:20a Open Swim
						8:30a - 9:20a HiLoH2O
		10:00a - 10:50a HiLoH2O	10:00a - 10:50a HiLoH2O	10:00a - 10:50a HiLoH2O	10:00a - 10:50a Fluid Moves	9:30a - 10:20a HiLoH2O
			11:00a - 12:50p Open Swim		11:00a - 11:50a Fluid Moves	10:30a - 7:45p Open Swim
	1:00p - 2:00p Fluid Joints	11:00a - 4:50p Open Swim	1:00p - 2:00p Fluid Joints	11:00a - 4:50p Open Swim		
	2:10p - 4:50p Open Swim		2:10p - 4:50p Open Swim		12:00p - 9:45p Open Swim	
4:30p - 5:20p HiLoH2O	5:00p - 5:50p HiLoH2O	5:00p - 5:50p HiLoH2O	5:00p - 5:50p HiLoH2O	5:00p - 5:50p HiLoH2O		
5:30p - 7:45p Open Swim						
	6:00p - 10:45p Open Swim	6:00p - 10:45p Open Swim	6:00p - 10:45p Open Swim	6:00p - 10:45p Open Swim		

Note: New classes may be added to accomodate demand. Please watch for schedule updates.
Questions? Email cynthia@phfitness.com or jayme@phfitness.com