

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | |
|---------|---------------|---------------|---------------|---------------|---------------|---------------|----------|----------|----------|
| 6:00am | FITNESS FIRST | FITNESS FIRST | FITNESS FIRST | FITNESS FIRST | FITNESS FIRST | KINGSWIM | KINGSWIM | | |
| 6:30am | | | | | | | | | |
| 7:00am | | | | | | | | | |
| 7:30am | | | | | | | | | |
| 8:00am | | | | | | | | | |
| 8:30am | | | | | | | | | |
| 9:00am | KINGSWIM | | KINGSWIM | KINGSWIM | KINGSWIM | | | KINGSWIM | KINGSWIM |
| 9:30am | | | | | | | | | |
| 10:00am | | | | | | | | | |
| 10:30am | | | | | | | | | |
| 11:00am | | | | | | | | | |
| 11:30am | | | | | | | | | |
| 12:00pm | FITNESS FIRST | FITNESS FIRST | FITNESS FIRST | FITNESS FIRST | FITNESS FIRST | FITNESS FIRST | | | |
| 12:30pm | | | | | | | | | |
| 1:00pm | | | | | | | | | |
| 1:30pm | | | | | | | | | |
| 2:00pm | | | | | | | | | |
| 2:30pm | | | | | | | | | |
| 3:00pm | KINGSWIM | KINGSWIM | KINGSWIM | KINGSWIM | FITNESS FIRST | FITNESS FIRST | | | |
| 3:30pm | | | | | | | | | |
| 4:00pm | | | | | | | | | |
| 4:30pm | | | | | | | | | |
| 5:00pm | | | | | | | | | |
| 5:30pm | | | | | | | | | |
| 6:00pm | | | | | | | | | |
| 6:30pm | | | | | | | | | |
| 7:00pm | | | | | | | | | |
| 7:30pm | | | | | | | | | |
| 8:00pm | FITNESS FIRST | FITNESS FIRST | FITNESS FIRST | FITNESS FIRST | FITNESS FIRST | FITNESS FIRST | | | |
| 9:00pm | | | | | | | | | |
| 9:30pm | | | | | | | | | |
| 10:00pm | | | | | | | | | |

Summer

log a tick