

# Cherry Creek Athletic Club

## Indoor/Outdoor Pool Schedule

Subject to change

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am							
5:30am							
6:00am							
6:30am							
7:00am							
7:30am							
8:00am							
8:30am							
9:00am	9:00-10:00am	9:00-10:00am	9:00-10:00am		9:00-10:00am	9:00-10:00am	9:00-10:00am
9:30am	Liquid Fit -I	Aqua Bamba-I	Aqua Kickbox-I		Liquid Fit -I	Liquid	Liquid Fit-I
10:00am	Cathy H	Christina	Teresa F		Bobbi	Intervals-I	Cathy H
10:30am						Nancy	
11:00am							
11:30am							
12:00pm							
12:30pm							
1:00pm		1:15-2:15pm		1:15-2:15pm			
1:30pm		Liquid Fit-I		Liquid Fit-I			
2:00pm		Sally K		Teresa F			
2:30pm							
3:00pm							
3:30pm							
4:00pm							
4:30pm							
5:00pm							
5:30pm							
6:00pm		6:30-7:30pm		6:30-7:30pm			
6:30pm		Aquabatta		Aquabatta			
7:00pm		Cathy H-I		Cathy H-I			
7:30pm							
8:00pm							
8:30pm							
9:00pm							
9:30pm							
10:00pm							

Lap Swim

Aqua Classes & Lessons: Lanes 3-5

Child Swim

O-Outdoor

I - Indoor

PLEASE NOTE: In the event of inclement weather Swim for Fitness may be moved to indoors affecting lane availability.

2 Lanes for 8 or less participants in Group Ex Aqua Classes (Lanes 4-5)  
 3 Lanes for 9 or more participants in Group Ex Aqua Classes (Lanes 3-5)

