

Louisville Aquatics PROGRAM POOL Oct. 19 - 25

MONDAY					TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY																																								
LANES	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	LANES																																				
5:30 AM	LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE												5:45 AM																																				
6:00 AM																													LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE				6:00 AM																
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7:00 AM	LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE				LAP SWIM WATER EXERCISE				7:00 AM																																								
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8:00 AM	LAP SWIM WATER EXERCISE				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN								LAP SWIM WATER EXERCISE				8:00 AM																																								
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9:00 AM	AQUAFIT COMBO MARGIE				AERO DEEP MARY				LAP SWIM EXERCISE PRIVATE LSSN				AERO DEEP MARY				LAP SWIM EXERCISE PRIVATE LSSN				GROUP SWIM LESSONS								9:00 AM																																				
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10:00 AM	LAP SWIM WATER EXERCISE				WATER RUNNING NANCY				AQUA ZUMBA LAURA				WATER RUNNING NANCY				AQUAFIT COMBO HAWK								MINIS				10:00 AM																																				
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11:00AM	LAP SWIM WATER EXERCISE								LAP SWIM EXERCISE PRIVATE LSSN								LAP SWIM WATER EXERCISE												11:00 AM																																				
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12:00 PM	DEEP AEROBICS MARY				HIIT AQUAFIT HAWK				LAP SWIM EXERCISE PRIVATE LSSN				AQUA ZUMBA LAURA				DEEP AEROBICS MARGIE												12:00 PM																																				
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1:00 PM	LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN				OPEN SWIM				OPEN SWIM				1:00 PM																																				
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2:00 PM	LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN												2:00 PM																																				
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3:00 PM	LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN				LAP SWIM EXERCISE PRIVATE LSSN												3:00 PM																																				
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4:00 PM	LAP SWIM EXERCISE PRIVATE LSSN								LAP SWIM EXERCISE PRIVATE LSSN								LAP SWIM EXERCISE PRIVATE LSSN												4:00 PM																																				
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5:00 PM	RISE WATER POLO				GROUP SWIM LESSONS				MINI				GROUP SWIM LESSONS								GROUP SWIM LESSONS								5:00 PM																																				
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