

# Club Bethesda Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lap Swim</b> 5:00 - 5:45	<b>Lap Swim</b> 5:00 - 5:45	<b>Lap Swim</b> 5:00 - 5:45	<b>Lap Swim</b> 5:00 - 5:45	<b>Lap Swim</b> 5:00 - 5:45
<b>Lap Swim</b> 6:00 - 6:45	<b>Lap Swim</b> 6:00 - 6:45	<b>Lap Swim</b> 6:00 - 6:45	<b>Lap Swim</b> 6:00 - 6:45	<b>Lap Swim</b> 6:00 - 6:45
<b>Lap Swim</b> 7:00 - 7:45	<b>Lap Swim</b> 7:00 - 7:45	<b>Lap Swim</b> 7:00 - 7:45	<b>Lap Swim</b> 7:00 - 7:45	<b>Lap Swim</b> 7:00 - 5:45
<b>Water Aerobics</b> 8:45 - 9:30	<b>Lap Swim</b> 8:00 - 8:45	<b>Water Aerobics</b> 8:45 - 9:30	<b>Lap Swim</b> 8:00 - 8:45	<b>Water Aerobics</b> 8:45 - 9:30
<b>Water Aerobics</b> 10:00 - 10:45	<b>Lap Swim</b> 9:00 - 9:45	<b>Water Aerobics</b> 10:00 - 10:45	<b>Lap Swim</b> 9:00 - 9:45	<b>Water Aerobics</b> 10:45 - 10:45
<b>Water Aerobics</b> 11:00 - 11:45	<b>Lap Swim</b> 10:00 - 10:45	<b>Water Aerobics</b> 11:00 - 11:45	<b>Lap Swim</b> 10:00 - 10:45	<b>Water Aerobics</b> 11:00 - 11:45
<b>Lap Swim</b> 12:00 - 12:45	<b>Group Session</b> 11:00 - 11:45	<b>Lap Swim</b> 12:00 - 12:45	<b>Group Session</b> 11:00 - 11:45	<b>Lap Swim</b> 12:00 - 12:45
<b>Lap Swim</b> 1:00 - 1:45	<b>Lap Swim</b> 12:00 - 12:45	<b>Lap Swim</b> 1:00 - 1:45	<b>Lap Swim</b> 12:00 - 12:45	<b>Lap Swim</b> 1:00 - 1:45
<b>Lap Swim</b> 2:00 - 2:45	<b>Lap Swim</b> 1:00 - 1:45	<b>Lap Swim</b> 2:00 - 2:45	<b>Lap Swim</b> 1:00 - 1:45	<b>Lap Swim</b> 2:00 - 2:45
<b>Lap Swim</b> 3:00 - 3:45	<b>Lap Swim</b> 2:00 - 2:45	<b>Lap Swim</b> 3:00 - 3:45	<b>Lap Swim</b> 2:00 - 2:45	<b>Lap Swim</b> 3:00 - 3:45
<b>Lap Swim</b> 4:00 - 4:45	<b>Lap Swim</b> 3:00 - 3:45	<b>Lap Swim</b> 4:00 - 4:45	<b>Lap Swim</b> 3:00 - 3:45	<b>Lap Swim</b> 4:00 - 4:45
<b>Water Aerobics</b> 5:00 - 5:45	<b>Water Aerobics</b> 4:30 - 5:15		<b>Water Aerobics</b> 4:30 - 5:15	
	<b>Lap Swim</b> 5:30 - 6:15		<b>Lap Swim</b> 5:30 - 6:15	
<b>Land Classes</b>				
<b>Senior Fit</b> 2:00 - 2:45	<b>Studio Strength</b> 9:00 - 9:45	<b>Senior Fit</b> 2:00 - 2:45	<b>Studio Strength</b> 9:00 - 9:45	<b>Senior Fit</b> 2:00 - 2:45

## Hours

Monday, Tuesday, Thursday 5:00 am - 6:30 pm

Wednesday & Friday 5:00 am - 5:00 pm

Front Desk 320-214-5627