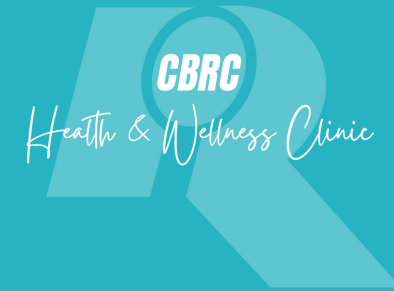


# CBRC Health & Wellness



SCHEDULE RUNS SEPTEMBER 7 - 30, 2021

MON	TUES	WED	THUR	FRI	SAT	SUN
<b>AQUASIZE</b> 8:00am-8:55am Indoor Pool			<b>AQUASIZE</b> 8:00am-8:55am Indoor Pool			
	<b>WATER RUNNING</b> 8:30am-9:25am Outdoor Pool		<b>WATER RUNNING</b> 8:30am-9:25am Outdoor Pool			
	<b>AQUASIZE</b> 9:00am-9:55am Indoor Pool	<b>AQUASIZE</b> 9:00am-9:55am Indoor Pool	<b>AQUASIZE</b> 9:00am-9:55am Indoor Pool			
<b>AQUA DANCE</b> 10:00am-10:55am Outdoor Pool	<b>RIVER RESISTANCE</b> 10:10am-11:00am Pelican Bay	<b>AQUA DANCE</b> 10:00am-10:55am Outdoor Pool	<b>RIVER RESISTANCE</b> 10:10am-11:00am Pelican Bay	<b>AQUA DANCE</b> 10:00am-10:55am Outdoor Pool	<b>AQUA DANCE</b> 10:00am-10:55am Outdoor Pool	
				<b>RIVER RESISTANCE</b> 11:00am-11:55am Pelican Bay		
<b>HYDROTHERAPY</b> 12:05pm-1:00pm Indoor Pool	<b>PRE/POST NATAL</b> 12:05pm-1:00pm Indoor Pool	<b>HYDROTHERAPY</b> 12:05pm-1:00pm Indoor Pool	<b>PRE/POST NATAL</b> 12:05pm-1:00pm Indoor Pool	<b>HYDROTHERAPY</b> 12:05pm-1:00pm Indoor Pool		
	<b>HYDROTHERAPY</b> 1:05pm-2:00pm Indoor Pool		<b>HYDROTHERAPY</b> 1:05pm-2:00pm Indoor Pool			
<b>RIVER RESISTANCE</b> 4:00pm-4:55pm Pelican Bay		<b>RIVER RESISTANCE</b> 4:00pm-4:55pm Pelican Bay				<b>TABATTA-CIRCUITS</b> 6:00pm-6:45pm Outdoor Pool