

2019 Hale Summer Club Adult Daily Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Tiny Turtles Caretaking	
6:00		Lap Swim	Lap Swim	Lap Swim		No Tiny Turtles Caretaking	
6:30							
7:00							
7:30							Pop up class every other week
8:00							
8:30	Closed						
9:00						No Tiny Turtles Caretaking	
9:30							
10:00	Aqua Jogging with Lauren	Yoga with Kathryn	Total Body Workout with Sara	Aqua Jogging with Lauren	Yoga with Renee	Tiny Turtles Caretaking	
10:30							
11:00			Walking Club around Noanet with Sara				
11:30							
12:00	Enjoy your lunch in our picnic area with your kiddos!					Turtle Lunch Break	
12:30							
1:00	Walking Club around Noanet with Sara	Total Body Workout with Sara				Tiny Turtles Caretaking	
1:30							
2:00	Zumba with Michelle		Zumba with Michelle				
2:30							
3:00	Aqua Aerobics with Leany	Aqua Aerobics with Leany	Aqua Aerobics with Leany	Aqua Aerobics with Leany			
3:30							
4:00							
4:30							
5:00	Adult Sailing by appt only	Adult Sailing by appt only	Adult Sailing by appt only	Adult Sailing by appt only	Adult Sailing by appt only	TT Caretaking for Adult Sailing by appt only	
5:30							
6:00							
6:30							
7:00		Deep Roots Yoga @ NB (Discount offered to Members)					
7:30							
8:00							