



Donelson-Hermitage | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pickleball Back Half of Gym					9:00AM-1:00PM (Gym) 3:00PM-8:45PM (Gym)	9:00AM-12:00PM (Gym) 3:00PM-6:00PM (Gym)	10:00AM-3:00PM (Gym)
H2O Cardio Indoor Pool					9:00AM-9:55AM (Aquatics) <i>Jean C.</i>	8:00AM-9:00AM (Aquatics) <i>Jean C.</i>	
BODYPUMP Studio B					9:15AM-10:15AM (Strength) <i>Laura L.</i> 5:00PM-5:45PM (Strength) <i>Brenda B.</i>	9:00AM-10:00AM (Strength) <i>Cheri E.</i>	
Vinyasa Yoga Studio A					9:30AM-10:30AM (Mind & Body) <i>Laura G.</i>	10:00AM-11:00AM (Mind & Body) <i>Christine P.</i>	
Open Swim - 2 Lanes Indoor Pool					10:00AM-8:30PM (Lap Pools)	6:00AM-8:00AM (Lap Pools) 12:00PM-5:30PM (Lap Pools)	10:00AM-5:30PM (Lap Pools)
AOA Circuit Studio B					10:30AM-11:15AM (Active Older Adults) <i>Brittany L.</i>		
Restorative Yoga Studio A					11:00AM-12:15PM (Mind & Body) <i>Kimee S.</i>		
Zumba Studio B					11:30AM-12:15PM (Dance) <i>Malinda D.</i>	11:15AM-12:15PM (Dance) <i>Lucinda V.</i>	
Centering Practice Studio A					12:30PM-1:00PM (Mind & Body) <i>Kimee S.</i>		
Open Gym Front Half of Gym					1:00PM-3:00PM (Gym)	12:00PM-3:00PM (Gym)	3:00PM-6:00PM (Gym)
Open Gym - No Games Back Half of Gym					1:00PM-3:00PM (Gym)	12:00PM-3:00PM (Gym)	3:00PM-6:00PM (Gym)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym - No Games Front Half of Gym					3:00PM-9:00PM (Gym)	9:00AM-12:00PM (Gym) 3:00PM-6:00PM (Gym)	10:00AM-3:00PM (Gym)
Lap Swim - 2 Lanes Indoor Pool					4:00PM-7:00PM (Lap Pools)		3:00PM-4:00PM (Lap Pools)
Full Circle Swim Indoor Pool					4:00PM-7:00PM (Lap Pools)		
Open Swim Outdoor Pool					4:00PM-7:00PM (Outdoor Pool)		10:00AM-5:30PM (Outdoor Pool)
Youth Cardio Blast Studio A					5:00PM-5:30PM (Youth & Family) <i>Svetlana A.</i>		
Zumba Studio A					5:45PM-6:45PM (Dance) <i>Svetlana A.</i>		
Lap Swim - 4 Lanes Indoor Pool					7:00PM-8:30PM (Lap Pools)	10:00AM-5:30PM (Lap Pools) 2:00PM-5:30PM (Lap Pools)	10:00AM-1:00PM (Lap Pools) 4:00PM-5:30PM (Lap Pools)
Basketball - Full Court Gym						6:00AM-9:00AM (Gym)	
Mat Pilates Studio A						8:00AM-8:50AM (Mind & Body) <i>Kim W.</i>	
H2O Group Exercise: Cardio Indoor Pool						8:00AM-9:00AM (Lap Pools)	
Step Studio B						8:00AM-8:45AM (Cardio) <i>Cheri E.</i>	
Indoor Cycling Cycling Studio						8:30AM-9:15AM (Cycling) <i>Karen K.</i>	
Open Swim - 2 Lanes (Deep Only) Indoor Pool						9:00AM-12:00PM (Lap Pools)	
Lap Swim - 1 Lane Indoor Pool						9:00AM-2:00PM (Lap Pools)	1:00PM-3:00PM (Lap Pools)
Basic Step Studio A						9:00AM-9:45AM (Cardio) <i>Aubrey D.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kickboxing Studio B						10:15AM-11:00AM (Martial Arts) <i>Troy C.</i>	
Basic Yoga Studio A						11:15AM-12:15PM (Mind & Body) <i>Christine P.</i>	
BODYPUMP Heavy Studio B						12:30PM-1:30PM (Strength) <i>Stephanie H.</i>	
Advanced Step Studio B							11:15AM-12:00PM (Cardio) <i>Stacy T.</i>
Plates & Weights Studio B							12:15PM-1:15PM (Strength) <i>Stacy T.</i>
R.I.P.P.E.D. Studio A							12:15PM-1:15PM (Circuit Training) <i>Shelby K.</i>
Swim Team - 3 Lanes Indoor Pool							1:00PM-3:00PM (Lap Pools)
Dance Blast Studio B							1:30PM-2:30PM (Dance) <i>Maritza H.</i>
Christ-Centered Yoga Studio A							2:30PM-3:45PM (Mind & Body) <i>Kimee S.</i>
Swim Lessons/Lap Swim - 2 Lanes Indoor Pool							3:00PM-4:00PM (Lap Pools)
Cycle/Strength Fusion Cycling Studio							3:30PM-4:30PM (Cycling) <i>Karen K.</i>
Mindful Movement & Meditation Studio A							4:00PM-5:00PM (Mind & Body) <i>Kimee S.</i>