

MONDAY- BATES COLLEGE							
	Pool		Track		Tennis		B Well
6:05am			Open Walk/Run	Instructor Led Walk/jog	Court 1	Court 2	
6:30am			Open Walk/Run	Instructor Led Walk/jog	Court 1	Court 2	
7:00am			Open Walk/Run	Stretching/Yoga	Court 1	Court 2	
7:30am	Lap Swim (4 lanes)	Aqua Fitness	Open Walk/Run		Court 1	Court 2	
8:00am	Lap Swim (4 lanes)	Aqua Fitness	Open Walk/Run		Court 1		Boot camp
8:30am	Lap Swim (4 lanes)		Open Walk/Run		Court 1		Boot Camp
9:00am-1:00pm							
1:00pm	Lap Swim (4 lanes)						
1:30pm	Lap Swim (4 lanes)						
WEDNESDAY-BATES COLLEGE							
	Pool		Track		Tennis		B Well
6:05am			Open Walk/Run	MMF Running Club	Court 1	Court 2	
6:30am			Open Walk/Run	MMF Running Club	Court 1	Court 2	
7:00am			Open Walk/Run	Stretching/Yoga	Court 1	Court 2	
7:30am	Lap Swim (4 lanes)	Aqua Fitness	Open Walk/Run		Court 1	Court 2	
8:00am	Lap Swim (4 lanes)	Aqua Fitness	Open Walk/Run		Court 1		Boot Camp
8:30am	Lap Swim (4 lanes)		Open Walk/Run		Court 1		Boot Camp
9:00am-1:00pm							
1:00pm	Lap Swim (4 lanes)						
1:30pm	Lap Swim (4 lanes)						
FRIDAY- BATES COLLEGE							
	Pool		Track		Tennis		B Well
6:05am			Open Walk/Run	Instructor Led Walk/jog	Court 1	Court 2	
6:30am			Open Walk/Run	Instructor Led Walk/jog	Court 1	Court 2	
7:00am			Open Walk/Run	Stretching/Yoga	Court 1	Court 2	
7:30am	Lap Swim (4 lanes)	Aqua Fitness	Open Walk/Run		Court 1	Court 2	
8:00am	Lap Swim (4 lanes)	Aqua Fitness	Open Walk/Run		Court 1		Boot Camp
8:30am	Lap Swim (4 lanes)		Open Walk/Run		Court 1		Boot Camp
9:00am-1:00pm							
1:00pm	Lap Swim (4 lanes)						
1:30pm	Lap Swim (4 lanes)						