

5:30AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
	NBAC			Lessons	
	Masters			Aqua Class	

6:00 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
	NBAC			Lessons	
	Masters			Aqua Class	

6:30AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
	NBAC			Lessons	
	Masters			Aqua Class	

7:00 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
	NBAC			Lessons	
	Masters			Aqua Class	

7:30 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
	NBAC			Lessons	
	Masters			Aqua Class	

8:00 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
	NBAC			Lessons	
	Masters			Aqua Class	

8:30 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
	NBAC			Lessons	
	Masters			Aqua Class	

9:00 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
	NBAC			Lessons	
	Masters			Aqua Class	

9:30 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
	NBAC			Lessons	
	Masters			Aqua Class	

10:00 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
	NBAC			Lessons	
	Masters			Aqua Class	

10:30 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Aqua Class					
NBAC				Lessons	
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Masters	NBAC		Lessons	Aqua Class	
	Masters		Aqua Class	Lessons	

11:00 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
NBAC				Lessons	
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Masters	NBAC		Lessons	Aqua Class	
	Masters		Aqua Class	Lessons	

11:30 AM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6

	NBAC			Lessons	
	Masters			Aqua Class	

12:00 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6

	NBAC			Lessons	
	Masters			Aqua Class	

12:30 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
	NBAC			Lessons	
	Masters			Aqua Class	

1:00 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
	NBAC			Lessons	
	Masters			Aqua Class	

1:30 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6

	NBAC		Lessons
	Masters		Aqua Class

2:00 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6

	NBAC		Lessons
	Masters		Aqua Class

2:30 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
[Black bar]				[Black bar]	
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
[Red bar]	NBAC		[Dark Blue bar]	Lessons	
[Yellow bar]	Masters		[Green bar]	Aqua Class	

3:00 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
[Black bar]				[Black bar]	
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
[Red bar]	NBAC		[Dark Blue bar]	Lessons	
[Yellow bar]	Masters		[Green bar]	Aqua Class	

3:30 PM **3:45 PM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
	NBAC			Lessons	
	Masters			Aqua Class	

4:00 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
	NBAC			Lessons	
	Masters			Aqua Class	

4:30 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
	NBAC			Lessons	
	Masters			Aqua Class	

5:00 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
	NBAC			Lessons	
	Masters			Aqua Class	

5:30 PM **Until 5:45 PM**

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
	NBAC			Lessons	
	Masters			Aqua Class	

6:00 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
	NBAC			Lessons	
	Masters			Aqua Class	

6:30 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
	NBAC			Lessons	
	Masters			Aqua Class	

7:00 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
	NBAC			Lessons	
	Masters			Aqua Class	

7:30 PM

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
	NBAC			Lessons	
	Masters			Aqua Class	