



# Grande Ronde Fitness Club

## Swimming Pool Schedule

Revised 7.15.2024

2214 Adams Ave, La Grande

541-963-CLUB (2582)

[www.GRFitnessClub.com](http://www.GRFitnessClub.com)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:00am -8:15am	<b>Exercise Swim</b>					<b>Exercise Swim</b>			
8:20am -9:30am	<i>Aqua Aerobics</i>	<i>Aqua Aerobics</i>	<i>Aqua Aerobics</i>	<i>Aqua Aerobics</i>	<i>Aqua Aerobics</i>				
9:30am -10:30am	<b>Exercise Swim</b>					<b>NEW DAY</b>	<b>Exercise Swim</b>		
10:30am -12:00pm									
12:00pm -1:00pm									
1:00pm -2:00pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
2:00pm -3:00pm									
5:30pm -6:30pm								<i><b>Aqua Fit Class</b></i>	<i><b>Aqua Fit Class</b></i>
6:30 pm -9:30 pm									