MISSION VALLEY AQUATICS DRYLAND ROOM SCHEDULE

| rice treights) rog | a Mats, Stationary Bike | Pnone: | 406.883.4567 | | | |
|--------------------|-------------------------|--------------------------------|-------------------------|--------------------------------|-------------------------|----------------|
| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 6:00 AM | | | | | | Closed |
| 7:00 AM | Dryland Room Open | Dryland Room Open | Dryland Room Open | Dryland Room Open | Dryland Room Open | Closed |
| 8:00 AM | - | | | | | Closed |
| 9:00 AM | Total Body Boot Camp | | Total Body Boot Camp | | Total Body Boot Camp | Closed |
| 10:00 AM | | Pilates | | Pilates | | |
| 11:00 AM | 1 | | | | Durdand Room Ones | |
| 12:00 PM | _ | | | | Dryland Room Open | |
| 1:00 PM | 1 | | | | | |
| 2:00 PM | - | Dryland Room Open | Durdand Bases Gran | Dryland Room Open | Closed | Dryland Room C |
| 3:00 PM | Dryland Room Open | | Dryland Room Open | | Closed | |
| 4:00 PM | | | | | Closed | |
| 5:00 PM | _ | | | | Closed | |
| 6:00 PM | _ | Vinyassa Yoga 5:30pm-6:30pm | | Vinyassa Yoga 5:30pm-6:30pm | Closed | Closed |
| | | Dryland Room Open | | Dryland Room Open | | |
| 7:00 PM | Closed | Closed | Closed | Closed | Closed | Closed |