MISSION VALLEY AQUATICS DRYLAND ROOM SCHEDULE

Free Weights, Yoga Mats, Stationary Bike Phone: 406.883.4567

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Dryland Room Open	Dryland Room Open	Dryland Room Open	Dryland Room Open	Dryland Room Open	Closed
7:00 AM						Closed
8:00 AM						Closed
9:00 AM						Closed
10:00 AM		Pilates		Pilates		Dryland Room Open
11:00 AM		Dryland Room Open		Dryland Room Open		
12:00 PM	Zumba		Zumba			
1:00 PM	Dryland Room Open		Dryland Room Open			
2:00 PM					Closed	
3:00 PM					Closed	
4:00 PM					Closed	
5:00 PM		Vinyassa Yoga 5:30pm-6:30pm		Vinyassa Yoga 5:30pm-6:30pm	Closed	
6:00 PM		Dryland Room Open		Dryland Room Open	Closed	Closed
7:00 PM	Closed	Closed	Closed	Closed	Closed	Closed