| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
|-------|--------------|--------------|---------------------------|----------------|-----------------------|--------------|----------------|-------|
| 5 am | | | | | | | | 5 am |
| 5:30 | | | | | | | | 5:30 |
| 6 am | | | 6:00 | | | | | 6 am |
| 6:30 | | | Tri Club Swim 3/13 - 8/21 | | | | | 6:30 |
| 7 am | | | 3/13 0/21 | | | | | 7 am |
| 7:30 | | | | | | | | 7:30 |
| 8 am | | | | | | | | 8 am |
| 8:30 | | | | | | | | 8:30 |
| 9 am | | | | | | | | 9 am |
| 9:30 | | | | | | | | 9:30 |
| 10 am | | | 10:00 | | | | 10:00 | 10 am |
| 10:30 | | | Aqua: — Movement | | | | – Aqua: TBT | 10:30 |
| 11 am | | | | | 11:00 | | | 11 am |
| 11:30 | | | | | — Aqua: — Movement | | | 11:30 |
| 12 pm | | | | | LAP SWIM | | | 12 pm |
| 12:30 | LAP SWIM | LAP SWIM | LAP SWIM | LAP SWIM | | LAP SWIM | LAP SWIM | 12:30 |
| 1 pm | | | | | | | | 1 pm |
| 1:30 | | | | | | | | 1:30 |
| 2 pm | | | | | | | | 2 pm |
| 2:30 | | | | | | | | 2:30 |
| 3 pm | | | | | | | | 3 pm |
| 3:30 | | | | | | | | 3:30 |
| 4 pm | | | | | | | | 4 pm |
| 4:30 | | | | | | | | 4:30 |
| 5 pm | | | | | | | | 5 pm |
| 5:30 | | | | 5:30 | | | | 5:30 |
| 6 pm | | | | Aqua: Movement | | LAP SWIM | LAP SWIM | 6 pm |
| 6:30 | | | | | | ends 6:45 pm | ends 6:45 pm | 6:30 |
| 7 pm | | | | | LAP SWIM | | | 7 pm |
| 7:30 | | | | | ends 7:45 pm | | | 7:30 |
| 8 pm | LAP SWIM | LAP SWIM | LAP SWIM | LAP SWIM | | | | 8 pm |
| 8:30 | ends 8:45 pm | ends 8:45 pm | ends 8:45 pm | ends 8:45 pm | | | | 8:30 |
| 9 pm | | | | | | | | 9 pm |
| 9:30 | | | | | | | | 9:30 |
| 10 pm | | | | | | | | 10 pm |
| 10:30 | | | | | | | | 10:30 |
| 11 pm | | | | | | | | 11 pm |