



Grande Ronde Fitness Club

Swimming Pool Schedule

Revised 01.06.2026

2214 Adams Ave, La Grande

541-963-CLUB (2582)

www.GRFitnessClub.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am -8:15am	Exercise Swim					Exercise Swim	
8:15am -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	Exercise Swim					NEW DAY	Exercise Swim
10:30am -12:00pm							
12:00pm -1:00pm							
1:00pm -6:00pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim 10:00am -3:30pm	
6:00pm -7:00pm		<i>Aqua Fit Class</i>		<i>Aqua Fit Class</i>			
7:00 pm -9:30 pm						Open Swim 10:00am -7:30pm	